

# MENINA4Sustain



## Short Name

MENINA4Sustain

## Formal Name

MENINA4Sustain: co-creating new solutions for improving mental health and wellbeing during pregnancy

## Contact Person

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## Institution/Organisation

FISABIO

## Website

<https://fisabio.san.gva.es/en/>

## Social Media

 [@gvafisabio](https://www.instagram.com/gvafisabio)



Co-creating innovative solutions to healthcare problems and unmet needs for pregnant women and new mothers



## Summary

According to the World Health Organisation (WHO), worldwide about 10% of pregnant women experience mental health problems, and this is higher in developing countries, i.e. 15.6%. Anxiety and depression are the most frequent mental disorders. It is crucial to promote psychosocial well-being, as well as the prevention and promotion of mental disorders in mothers during pregnancy.

The objective of the project is to evolve the MENINA citizen science project (funded as a kickstarting project by the 1st IMPETUS call) and, based on the new research-based knowledge produced as well as the main pain points identified regarding perinatal mental health, we will co-create new solutions for improving the mental health and well-being of pregnant women. To do so, the MENINALab will be created, where citizen scientists (pregnant women, women who have given birth in the last three years, and their families) and healthcare professionals will co-create new solutions through a design thinking process. The team is formed by gynaecologists, midwives, psychologists, research support staff, and citizen scientists.

We expect to demonstrate that the implementation of a citizen science process using design thinking methods (MENINALab) is a powerful and useful tool to generate new solutions based on the real stakeholders' unmet needs to improve mental health status and well-being during pregnancy, as well as to consolidate a new instrument for co-creation between citizens and healthcare services.