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Community-based perinatal mental health peer support: a realist review

Jenny McLeish^{1*}, Susan Ayers¹ and Christine McCourt¹

Abstract

Background Peer support has been suggested as an alternative or complement to professional support for mothers with perinatal mental health difficulties. The aim of this realist review was to synthesise the evidence on perinatal mental health peer support programmes outside mental health services, to understand what is it about community-based perinatal mental health peer support that works, for whom, in what circumstances, in what respects, and why.

Methods Applying realist methodology, an initial theoretical model was tested against evidence from empirical studies. 29 empirical studies were included, covering 22 antenatal and postnatal mental health interventions that offered one-to-one or group peer support, in person or by telephone. Data extraction identified the configurations of contexts (C), mechanisms (M) and outcomes (O) relevant to mothers' use of peer support and to the positive and negative effects of using peer support.

Results 13 C-M-O configurations explained take-up of peer support. These were based on mothers' perceptions that peer support would offer empathetic understanding and non-judgemental acceptance outside their social circle; their relationships with primary health professionals; their cultural background and perspectives on mental health; their desire for professional support; overcoming practical barriers; the format of the support; and the use of volunteers. A further 13 C-M-O configurations explained positive impact on mothers. These were based on receiving empathetic listening, acceptance, affirmation and normalisation; peers sharing ideas about self-care, coping, and services; peers using therapeutic techniques; the opportunity to give support to others; meaningful social relationships with volunteers and other mothers; and other benefits of attending a group. There were 8 C-M-O configurations explaining negative impact. These were based on lack of validation; self-criticism from downward and upward social comparison; a culture of negativity; peers being judgemental or directive; not feeling heard; peer support as a stressful social relationship; and distress at endings.

Conclusions Peer support works in complex ways that are affected by personal and social contexts. Providers, commissioners and evaluators can use this review to understand and maximise the valuable benefits of peer support, to minimise potential risks, and to devise ways of reaching mothers who do not currently engage with it.

Keywords Peer support, Mental health, Antenatal, Postnatal, Community-based, Realist, Context, Mechanism

*Correspondence:

Jenny McLeish

jennymcleish@city.ac.uk

¹Centre for Maternal and Child Health Research, School of Health Sciences, City, University of London, 1, Myddelton Street, London EC4R 3JW, UK



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Table of Contents Mental Health Peer Review Report

1. Understanding the eBook Mental Health Peer Review Report
 - The Rise of Digital Reading Mental Health Peer Review Report
 - Advantages of eBooks Over Traditional Books
2. Identifying Mental Health Peer Review Report
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mental Health Peer Review Report
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mental Health Peer Review Report
 - Personalized Recommendations
 - Mental Health Peer Review Report User Reviews and Ratings
 - Mental Health Peer Review Report and Bestseller Lists
5. Accessing Mental Health Peer Review Report Free and Paid eBooks

- Mental Health Peer Review Report Public Domain eBooks
- Mental Health Peer Review Report eBook Subscription Services
- Mental Health Peer Review Report Budget-Friendly Options
- 6. Navigating Mental Health Peer Review Report eBook Formats
 - ePub, PDF, MOBI, and More
 - Mental Health Peer Review Report Compatibility with Devices
 - Mental Health Peer Review Report Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mental Health Peer Review Report
 - Highlighting and Note-Taking Mental Health Peer Review Report
 - Interactive Elements Mental Health Peer Review Report
- 8. Staying Engaged with Mental Health Peer Review Report
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mental Health Peer Review Report
- 9. Balancing eBooks and Physical Books Mental Health Peer Review Report
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mental Health Peer Review Report
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Mental Health Peer Review Report
 - Setting Reading Goals Mental Health Peer Review Report
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mental Health Peer Review Report
 - Fact-Checking eBook Content of Mental Health Peer Review Report
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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