



Guide for integration of perinatal mental health in maternal and child health services



World Health
Organization

Guide for integration of perinatal mental health in maternal and child health services



World Health
Organization

Guide for integration of perinatal mental health in maternal and child health services

ISBN 978-92-4-005714-2 (electronic version)

ISBN 978-92-4-005715-9 (print version)

© World Health Organization 2022

Some rights reserved. This work is available under the Creative Commons Attribution-NonCommercial-ShareAlike 3.0 IGO licence (CC BY-NC-SA 3.0 IGO; <https://creativecommons.org/licenses/by-nc-sa/3.0/igo>).

Under the terms of this licence, you may copy, redistribute and adapt the work for non-commercial purposes, provided the work is appropriately cited, as indicated below. In any use of this work, there should be no suggestion that WHO endorses any specific organization, products or services. The use of the WHO logo is not permitted. If you adapt the work, then you must license your work under the same or equivalent Creative Commons licence. If you create a translation of this work, you should add the following disclaimer along with the suggested citation: “This translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition”.

Any mediation relating to disputes arising under the licence shall be conducted in accordance with the mediation rules of the World Intellectual Property Organization (<http://www.wipo.int/amc/en/mediation/rules/>).

Suggested citation. Guide for integration of perinatal mental health in maternal and child health services. Geneva: World Health Organization; 2022. Licence: [CC BY-NC-SA 3.0 IGO](https://creativecommons.org/licenses/by-nc-sa/3.0/igo).

Cataloguing-in-Publication (CIP) data. CIP data are available at <http://apps.who.int/iris>.

Sales, rights and licensing. To purchase WHO publications, see <http://apps.who.int/bookorders>. To submit requests for commercial use and queries on rights and licensing, see <https://www.who.int/copyright>.

Third-party materials. If you wish to reuse material from this work that is attributed to a third party, such as tables, figures or images, it is your responsibility to determine whether permission is needed for that reuse and to obtain permission from the copyright holder. The risk of claims resulting from infringement of any third-party-owned component in the work rests solely with the user.

General disclaimers. The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of WHO concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by WHO in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by WHO to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall WHO be liable for damages arising from its use.

Design and layout by L'IV Com Sàrl

Contents

Acknowledgements	iv
Acronyms	vi
 1 Introduction	1
1.1 Who is this guide for?	2
1.2 Purpose	2
1.3 Use of the guide	3
 2 Perinatal mental health	5
2.1 Frequency of perinatal mental health conditions	7
2.2 Consequences	7
2.3 Common symptoms	7
2.4 Social determinants and other risk factors	8
2.5 Protective factors	9
2.6 Availability of care	9
 3 Provision of care	11
3.1 Stepped care	13
3.2 Supportive environments	14
3.3 Promotion and prevention	14
3.4 Treatment	17
 4 Integration of programmes	21
4.1 Planning	23
4.2 Preparing for implementation	27
 5 Provision of care for specific needs	33
5.1 History of mental health problems	34
5.2 Substance use	35
5.3 Self-harm or thoughts of suicide	35
5.4 Disability and physical illness	36
5.5 HIV/AIDS	36
5.6 Adolescent pregnancy	37
5.7 Unintended pregnancy and termination	37
5.8 Infant loss	38
5.9 Premature birth, infant ill-health	38
5.10 Difficulty in bonding	39
5.11 Domestic and gender-based violence	39
5.12 Poverty	40
5.13 Humanitarian settings	40
5.14 Pandemics	41
5.15 Social isolation	42
 6 Monitoring and evaluation	43
References	47
Annex 1. Sample terms of reference for a working team	53
Annex 2. Sample template for a budget	54
Annex 3. Examples of indicators for monitoring and evaluation	55

Acknowledgements

Vision and conceptualization

The document was developed under the overall guidance and conceptualization of Devora Kestel and Tarun Dua, World Health Organization (WHO) Department of Mental Health and Substance Use.

Project coordination and editing

The project was coordinated by Neerja Chowdhary, WHO Department of Mental Health and Substance Use and Florence Baingana, WHO Regional Office for Africa, and written by Tatiana Taylor Salisbury, King's College London, United Kingdom of Great Britain and Northern Ireland; Katherine Atmore, King's College London, United Kingdom; Simone Honikman, University of Cape Town, South Africa; Jane Fisher, Monash University, Australia; Sally Field, University of Cape Town, South Africa; and Rachael Glaser, University of Cape Town, South Africa.

WHO contributors and reviewers

Headquarters:

A team comprising staff members and consultants provided technical guidance and support for the project. They were: Oyeteyo Akala, Mercedes Bonet Semenas, Doris Chou, Bernadette Daelmans, Batool Fatima, Lamia Jouini, Hernan Julio Montenegro Von Mühlenbrock, Allisyn Carol Moran, Olufemi Taiwo Olapado, Anayda Gerarda Portela, Lale Say and Chiara Servili.

Regional and country offices:

Collaborators in WHO regional and country offices who reviewed the document and provided valuable feedback were: Chencho Dorji, Regional Office for South-East Asia; Momodou Gassama, WHO Country Office for Gambia; Ledia Lazeri, Regional Office for Europe; Renato Oliveira e Souza, Regional Office for the Americas; Khalid Saeed, Regional Office for the Eastern Mediterranean; and Martin Vandendyck, Regional Office for the Western Pacific.

WHO gratefully acknowledges the contributions of participants at a workshop in The Gambia: Lamarana Bah, Samba Bah, Omar Barrow, Omar Bojang, Bakary Camara, Fatou Camara, Bubacarr Ceesay, Arfang D. Faye, Lamin Darbo, Balkisu Garber, Omar Gassama, John J. Mendy, Kalilu Jagne, Foday Jallow, Foday Jawla, Abdou K. Jallow, Saffiatou Kinteh, Momodou L. Darboe, Alfusainy Manneh, Musa Marena, Mustapha S. Minteh, Gibril Sanneh, Fatou Sanyang, Bakary Sonko, Alieu Sowe and Yankuba Suwareh.

External contributors and reviewers

Valuable inputs were received from external reviewers and contributors: Najia Atif, Human Development Research Foundation, Pakistan; Sarah Bar-Zeev, United Nations Population Fund; Judy Bass, Johns Hopkins University, United States of America (USA); Prabha Chandra, National Institute of Mental Health and Neuro Sciences, India; Matthew Frey, PATH, USA; Jerome Galea, University of South Florida, USA; Charlotte Hanlon, King's College London, United Kingdom; Zainab Hijazi, UNICEF; Louise Howard, Kings College London, United Kingdom; Guitele J. Rahill, University of South Florida, USA; Marko Kerac, Centre for Maternal, Adolescent Reproductive and Child Health, United Kingdom; Marian Knight, Oxford University, United Kingdom; Rebecca Levine, USAID, USA; Manasi Kumar, University of Nairobi, Kenya; Emma McKinney, University of Cape Town, South Africa; Laura Murray, Johns Hopkins University, USA; Ana Nieto, UNICEF; Inge Peterson, University of KwaZulu Natal, South Africa; Atif Rahman, University of Liverpool, United Kingdom; Katie Rose M Sanfilippo, University of London, United Kingdom; Shekhar Saxena, Harvard T. H. Chan School of Public Health, USA; Siham Sikander, Human Development Research Foundation, Pakistan; Halyna Skipalska, HealthRight, USA; Prasansa Subba, Transcultural Psychosocial Organization, Nepal; Katherine Sorsdahl, University of Cape Town, South Africa; Robert Stewart, University of Malawi, Malawi; Ezra Susser, Columbia University, USA; Graham Thornicroft, King's College London, United Kingdom; Wietse Tol, Johns Hopkins University, USA; Mark Tomlinson, Stellenbosch University, South Africa; Thach Tran, Monash University, Australia; Nawaraj Upadhaya, HealthRight, USA; Ruth Verhey, Friendship bench, Zimbabwe; Shamsa Zafar, Air University, Pakistan; Willibald Zeck, United Nations Population Fund.

Financial support

We are grateful for financial support from the Bernard van Leer Foundation and the Australian High Commission in South Africa through their Direct Aid Programme.

Acronyms

CBT	cognitive behavioural therapy
GBV	gender-based violence
LHW	lady health worker
M&E	monitoring and evaluation
mhGAP	Mental Health Gap Action Programme
MCH	maternal and child health
NGO	non-governmental organization
PMH	perinatal mental health
WHO	World Health Organization

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_31734

