

Barriers to Perinatal Mental Health (PMH) Care: Development of a Canada-wide Survey

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INTRODUCTION TO THE RESEARCH

- PMH problems are common and have a major impact on pregnant and post-partum individuals
- Without treatment, PMH problems can have a negative effect on both mothers and their families
- Global barriers to accessing care have previously been identified, but there has never been a Canadian survey to assess specific barriers affecting the Canadian population
- The aim of this project is to create and validate a survey for Canadian women and other childbearing individuals to examine which of the previously identified barriers are most relevant to them

HIGHLIGHTED FACTS

- In 2023, Webb et al. conducted a systematic review to identify barriers to accessing PMH care
- We don't know which of these specific barriers affect Canadian women
- We are designing a Canada-wide survey to assess PMH care barriers
- To validate the survey, we are conducting a pre-test with people with lived experience
- Once the survey is finalized, we will distribute it Canada-wide

PROCESS

- Creation of an open, cross-sectional, e-survey based on Webb et al.'s previously identified barriers
- Survey length 15-20 mins
 - Includes demographic information and barriers to care
 - Participants rank the extent to which they identified with the barriers in the survey
- Prior to public distribution, the **survey will be validated** by 6-8 people with lived experience who live across Canada
- Then, 5-10 target users who are representative of the diverse Canadian perinatal population will complete the revised survey and provide feedback
- The final survey will be translated into French and will be distributed Canada-wide

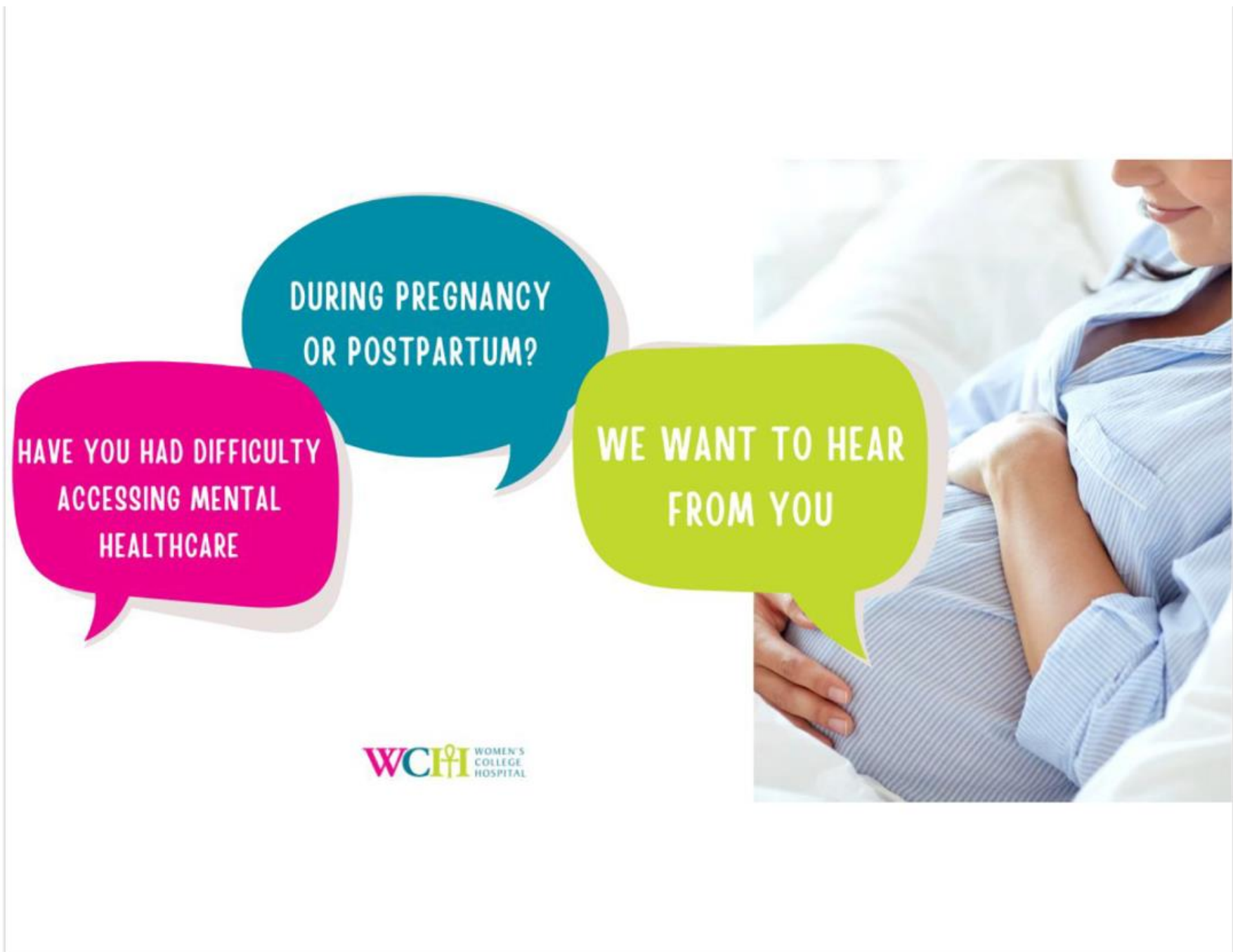


Fig 1. Recruitment Poster A

PARTICIPANT CRITERIA

Inclusion criteria:

1. Woman (cis or trans) or gender-diverse person assigned female sex at birth
2. Pregnant and/or up to 1 year postpartum (via childbirth or adoption) in the preceding 2 years in Canada
3. Self-reported difficulties with mental health in pregnancy and/or up to 1 year postpartum
4. Able to complete online survey in English or French

Exclusion criteria:

1. Co-parent of pregnant or postpartum women or other childbearing individuals

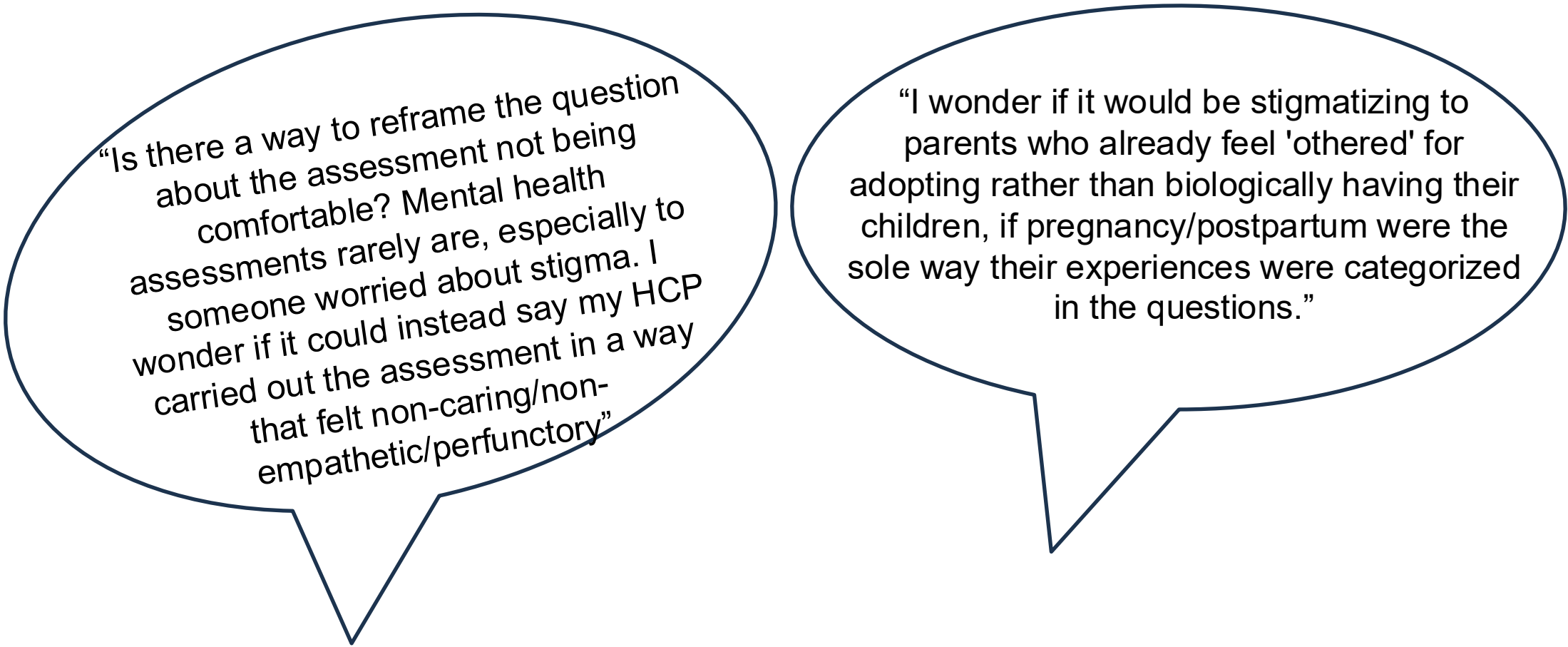
BARRIERS TO BE EXAMINED

1. **Individual barriers:** beliefs about PMH services; logistics; fear of judgement
2. **Healthcare professional barriers:** poor communication; time; training and knowledge
3. **Interpersonal barriers:** relationship with provider; language barriers
4. **Organizational barriers:** lack of services/overstretched; collaboration across services; continuity of care
5. **Political barriers:** immigration and economic status; healthcare costs
6. **Societal barriers:** stigma; maternal norms; cultural factors



Fig 2. Recruitment Poster B

FEEDBACK OBTAINED THUS FAR...



"I can't wait to see the results...my clinical experience tells me that I already know what the survey will show :(" "