

THE EFFECT OF MUSIC-BASED MOTHER/INFANT GROUP CLASSES ON PSYCHOLOGICAL OUTCOMES FOR SOCIALLY DISADVANTAGED MOTHERS – A SYSTEMATIC REVIEW PROTOCOL

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Background

Postnatal mental health problems affect 10-15% of women and can impact mother-infant interaction and bonding, and mother's mood and feelings of competence. Adolescent mothers, ethnic minority groups, low income and single parent households are more likely to be vulnerable to poorer health outcomes (PHE 2018).

Recent literature (Perkins et al. 2018) illustrates the benefits of performing arts activities for mental health including singing, dance, and music, with potential for improving symptoms for mother's diagnosed with postnatal depression attending group community music interventions with their infant.

Aim

To systematically identify, evaluate and synthesise the evidence for parent and infant music-based group interventions delivered in the community on psychological outcomes for socially disadvantaged mothers in the postnatal period.

Methods

A systematic review will be conducted of experimental research studies that assessed the effect of a group music-based intervention for mothers/infants on psychological outcomes, such as maternal depression, maternal stress/anxiety, mother/infant bonding, parental self-efficacy.

Studies eligible for inclusion recruited:

- Women who were ≤ 6 months postpartum at enrolment
- Study participants with at least 70% meeting one of the following baseline characteristics representative of social disadvantage: <20 years of age, ethnic minority group, low-income household, single parent household

Search databases will include Medline, EMBASE, CINAHL, PsycINFO, Scopus, CENTRAL, Web of Science and Maternity and Infant Care. A further search limit will be studies published in the English language. No limit will be placed on date of publication or country of origin.

Implications for practice

The review will seek to evidence the effect of music-based parent and baby groups, identifying whether they improve psychological outcomes for socially disadvantaged mothers when compared to standard care, and help inform a future pilot randomised controlled trial.

References

PERKINS, R., YORKE, S. & FAN COURT, D. 2018. *BMC Psychology*, 6, 41.

PUBLIC HEALTH ENGLAND (PHE) 2018 Available at: <https://www.gov.uk/government/publications/health-matters-reducing-health-inequalities-in-mental-illness/health-matters-reducing-health-inequalities-in-mental-illness> Accessed 15 March 2021



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