Making the Most of EDEI Research – Workshop Handout

General

MBRRACE-UK: Mothers and Babies: Reducing Risk through Audits and Confidential Enquiries across the UK
https://www.npeu.ox.ac.uk/mbrrace-uk

Solutions to Perinatal loneliness
https://perinatal-loneliness.com/outputs-reading-and-links/

Five Principles of Perinatal Peer Support
https://maternalmentalhealthalliance.org/media/filer_public/14/07/1407d3ad-148a-4f8b-b2fc-320946761396/mind-mcpin-perinatal-peer-support-principles-full-mmha-web.pdf

Ethnicity and Faith

The Black Maternity Experiences Report 2022
https://fivexmore.org/blackmereport

Starting Well - Perinatal Mental Health Support for Muslim Communities
Starting_Well_Insight_Report_Final_Online_Version.pdf

British Muslims' experiences of pregnancy and birth (2023)
https://openaccess.city.ac.uk/id/eprint/29686/1/Shaikh%20thesis%202022%20PDF-A.pdf

The Motherhood Group's Landmark Report
https://themotherhoodgroup.org/landmark-report-access/

Exploring Black and South Asian women's experiences of help-seeking and engagement in perinatal mental health services in the UK (2023)
https://pmc.ncbi.nlm.nih.gov/articles/PMC10109459/

Vulnerable migrant women and postnatal depression: A case of invisibility in maternity services? (2018) https://www.britishjournalofmidwifery.com/content/clinical-practice/vulnerable-migrant-women-and-postnatal-depression-a-case-of-invisibility-in-maternity-services

The Maternal Mental Health of Migrant Women
https://www.patientlibrary.net/cgi-bin/download/file/782

Disability including neurodiversity

ADHD and perinatal mental health: Breaking the silence for neurodivergent mothers (2025)
https://maternalmentalhealthalliance.org/news/adhd-perinatal-mental-health-breaking-silence-neurodivergent-mothers/

Birth can be challenging for those with neurodivergence – so what can we do to help?
https://www.birthtraumaassociation.org/news-campaigns/blog-post-title-four-4jwnw-x3zm9-he23x-4gycw-zr29a-8nx7j-ww4mj

Disparities in maternity care for disabled women in the UK (2025)
https://www.themissingbillion.org/s/v5_MB_-UK-Maternity-Care-Report.pdf

Age

Supporting Young Mothers
https://www.mums-aid.org/wp-content/uploads/2020/10/International-Journal-for-Birth-and-Parenting-Education-Young-MumsAid.pdf

Following Young Fathers Further – Research Findings
https://followingyoungfathersfurther.org/findings

LGBTQ+

Experiences of LGBTQ+ mums and non-binary parents in the perinatal period (2023)
https://www.bestbeginnings.org.uk/experiences-of-lgbtq-mums

Mental health experiences of GBTQ+ dads in the perinatal period – A Rapid Review (2023)
https://www.bestbeginnings.org.uk/the-perinatal-mental-health-of-gender-and-sexual-minority-men

Children with Trans Parents: Parent–Child Relationship Quality and Psychological Well-being:
https://www.tandfonline.com/doi/full/10.1080/15295192.2020.1792194#abstract

Hidden Figures: LGBT Health Inequalities in the UK (2023)
https://lgbt.foundation/help/hidden-figures-lgbt-health-inequalities-in-the-uk/

LGBT Parents Report (2024)
https://justlikeus.org/wp-content/uploads/2024/06/LGBT-parents-report-2024-by-Just-Like-Us.pdf

Trans lives survey 2021: Enduring the UK's hostile environment
https://transactual.org.uk/trans-lives-21/

Dads and fatherhood

The evolution of fathering research in the 21st century: Persistent challenges, new directions:

https://psycnet.apa.org/record/2020-00810-009

New research suggests that fathers need more support in the perinatal period (2024)

https://arc-nenc.nihr.ac.uk/news/new-research-suggests-dads-need-better-support-with-the-transition-to-fatherhood/

Fathers Reaching Out

Fathers Reaching Out – Why Dads Matter – Dad Matters

Fatherhood Solutions
https://www.ipip.co.uk/fatherhood-solutions/

Resource links and suggestions from Laura Richmond:

Mothers for Mothers: Our Impact https://mothersformothers.co.uk/our-impact/

Mothers for Mothers: Equality Impact Assessment:
Reach https://mothersformothers.co.uk/wp-content/uploads/2024/07/EIA-2024-final-v2.pdf

Laura Richmond, Neil Caton, James Downs, Alice Newton, Angela Devereux-Fitzgerald, and Helen Brooks (2023) Creating Positive Experiences of Involvement in Mental Health Research, The Lancet Psychiatry 10:3, 220-27, DOI: 10.1016/S2215-0366(22)00430-8.

Laura Richmond, 'Neonatal care through a young parent lens', on behalf of Bliss (2021) https://s3.eu-west-2.amazonaws.com/files.bliss.org.uk/images/Report_final-1.pdf

A resource for the EPDS: https://www.cope.org.au/health-professionals/health-professionals-3/calculating-score-epds/

The Warwick-Edinburgh Mental Wellbeing Scales -
WEMWBS: https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/

Finally, please do not forget about Hearts and Minds Smart Space, where various resources are available, including those relating to EDEI. These resources are going to be added to over the next year with input from the Root Makers: Training & Support | Hearts and Minds Partnership