

Recognised Measures & Evidence for Funding Perinatal Mental Health

Additional information from the Making the Most of EDEI Research Workshop led by MumsAid

Nationally Recognised Mental Health Measures Used in Perinatal Services

These tools are commonly used across NHS and VCSE sectors to measure maternal mental health outcomes and evaluate support effectiveness:

| Tool | Purpose | Notes |
|---|---|---|
| EPDS (Edinburgh Postnatal Depression Scale) | Screens for postnatal depression | Widely used by NHS & charities; 10-item questionnaire |
| CORE-10 | Measures psychological distress and recovery | Suitable for general adult mental health, used in many counselling settings |
| PHQ-9 | Assesses severity of depression | Can be adapted for perinatal use |
| GAD-7 | Measures generalised anxiety disorder | Simple 7-question format |
| Perceived Stress Scale (PSS) | Assesses how stressful clients perceive their life situations | Useful for non-clinical stress levels |
| Me and My Baby Questionnaire | Assesses the mother-baby relationship | Often used alongside other clinical tools |
| ONS4 Wellbeing Measures | Used to capture broader wellbeing | Endorsed by the Office for National Statistics |

Key Reports & Evidence Supporting Investment in Perinatal Mental Health

These national reports and studies provide powerful evidence for why perinatal mental health matters—and why it must be funded and prioritised:

Bauer et al. (2014) – The Costs of Perinatal Mental Health Problems

- Perinatal mental health problems cost the UK £8.1 billion annually.
- 75% of the cost relates to long-term impacts on children.

- Link:

https://eprints.lse.ac.uk/59885/1/_lse.ac.uk_storage_LIBRARY_Secondary_libfile_shared_repository_Content_Bauer%2C%20M_Bauer_Costs_perinatal_%20mental_2014_Bauer_Costs_perinatal_mental_2014_author.pdf

MBRRACE-UK Reports

- Excellent stats on the state of maternal care, updated regularly.

- Link: <https://www.npeu.ox.ac.uk/mbrpace-uk>

NHS England Long Term Plan (2019)

- Commits to expanding access to perinatal mental health services to an additional 66,000 women by 2023/24.

- Emphasises community-based and culturally appropriate services.

- Link: <https://www.longtermplan.nhs.uk/>

Maternal Mental Health Alliance Reports

- Includes 'The Mums' Mental Health Matters' campaign and case studies.

- Advocates for early access and integrated, culturally relevant care.

- Link: <https://maternalmentalhealthalliance.org/>

MumsAid and Pro Bono Economics:

- Pregnant then blue? The value of MumsAid counselling for new and expectant mothers
- This report shows that, following a course of counselling with MumsAid, the economic value, of the improvement in mental health and subsequent improved quality of life can be valued at over £10,000 per mother.
- Provides a good case for counselling as 'value for money'.

Link: <https://pbe.co.uk/publications/pregnant-then-blue-the-value-of-mumsaid-counselling-for-new-and-expectant-mothers/>