

Evaluation Report

Mums' Zone was set up as a holistic health and wellbeing intervention targeting inactive mums at risk of poor mental health in Slough and Wokingham. Canterbury Christ Church University have provided the research and evaluation and have advised, supported and analysed the intervention, which also includes the analysis of a control group.



The 26 weekly sessions combined low-moderate physical activity in the form of yoga and social support through informal workshops encouraging behavioural change.



Intervention aims



Messaging and signposting



Aid social networking and peer support



Mums to get together



Improve physical health



Improve mental health

Postnatal depression affects between 9% and 21% of women although 30-80% may experience irritability and low mood after giving birth. Some symptoms of postnatal depression:

Sadness and low mood

Lack of energy

Withdrawing from contact with people

Trouble sleeping

Physical activity

Inactivity levels

34% of women in Slough

19% of women in Wokingham

Overall Berkshire inactivity is 22%

Benefits of physical activity



Lower risk of long term health conditions



Boost mood, self esteem, sleep and energy

5 Ambassadors



Ambassadors offered support and health and well being advice. They received training and support in identification of warning signs and in signposting new mums to appropriate resources and professionals.

Data collection

Time 0 - Baseline

Time 1 - 3 months

Time 2 - 6 months

A control group was included; they completed the questionnaire at the baseline and 3 months.

Main findings: outcomes and demographics

50 participants in the evaluation

39 in the intervention

11 in the control group

All 39 in the intervention returned their 'Time 1 - 3 months' questionnaires and 30 completed the program by returning their "Time 2 - 6 months" questionnaire

32.59

participant average age

54%

White overall

67%

BAME in Slough

28%

had a health condition, 50% of these were mental health

Physical activity - IPAQ measured

Intervention group (mean minutes)

Time 0 - Baseline: 205.51 mins

Time 1 - 3 months: 310 mins

Time 2 - 6 months: 537.50 mins

Control group (mean minutes)

Time 0 - Baseline: 160.91 minutes

Time 1 - 3 months: 104.09 minutes

Physical activity levels significantly increased for the intervention group. For the control group, mean physical activity levels decreased but the differences were not significant.



Edinburgh Postnatal Depression Scale (EPDS) for depressive symptoms

Maximum score is 30 - over 10 suggests possible depression.

A score above 13 indicates likely depressive illness of varying severity.

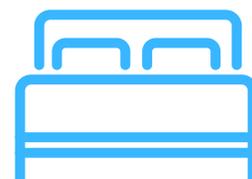
For the intervention group there was a significant decrease in mean scores; 10.64 at the baseline and 6.07 at 6 months.

In the control group mean scores increased from 8.55 at the baseline to 11.73 at 3 months.



Sedentary behaviour: Significantly decreased in the intervention group from 234.23 mean minutes to 140 (baseline - 6 months) It increased for the control group but it was not significant.

Sleep: Mean minutes of sleep significantly increased for the intervention group - 369.62 to 430.50 (baseline to 6 months.) They also increased for the control group but the result was not significant.



Conclusion

The results suggests a positive association between the intervention and physical and mental health outcomes. In the intervention group, physical activity levels significantly increased and depressive symptoms significantly decreased.

This project adds to the evidence that yoga and social support are useful in increasing engagement with physical activity during the postnatal period and preventing and treating postnatal depressive symptoms.