

A randomized controlled trial comparing a mindfulness-based program with standard therapeutic follow-up during pregnancy

ACTRN12626000091303

Status RECRUITING
Sponsor Beauvois Clara - Université Côte d'Azur
Enrollment 70 participants

Plain Language Summary

Pregnancy can be a time of great joy but also significant stress and emotional upheaval. Anxiety, depression, and sleep difficulties during pregnancy are common and can affect both the mother and the developing baby. This study is testing whether a six-week mindfulness meditation program helps pregnant women feel less stressed and more emotionally well, and whether those benefits extend to their babies and their relationship with their child after birth.

Pregnant women will be randomly assigned to either the mindfulness program or a standard psychological support program. Researchers will measure mood, anxiety, sleep, sense of self-efficacy, and the quality of the mother-baby bond before birth and at several points up to 12 months after delivery. Infant outcomes like crying, sleep, and attachment security will also be tracked.

You may be eligible if you are pregnant between 12 and 28 weeks, are able to read and understand French, and are not currently participating in other prenatal wellness programs such as prenatal yoga or sophrology. Women with severe or unstable psychiatric conditions are not eligible. This research may help provide better mental health support during one of life's most formative transitions.

Key Eligibility Criteria

Inclusion (3)

- Pregnant women between 3 and 7.5 months of gestation (12–28 weeks).
- Ability to speak and read French sufficient to understand study documents and complete questionnaires.
- Willingness to participate in the study and to be randomized to one of the study groups.

Exclusion (3)

- Participation in other prenatal support programs, including prenatal yoga, haptonomy, sophrology, or mindfulness courses.
- Severe or unstable psychiatric disorder.
- Inability to understand French or complete study questionnaires.

Locations (1 total)

Alpes Maritimes, France

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12626000091303>

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