



TOWARDS A PERSON CENTERED PERINATAL
PSYCHIATRY AND A MEDICINE OF THE PERSON:
THIS WAS MY SONG

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CONCLUSIONS SUMMARY!

- **Integrative perinatal psychology/psychiatry** as a key to unlock a reductionist/physicalist medicine
- Body Mind and spirit
- **EPDS bridges EMIC and ETIC**
- **Psychiatry /Perinatal Psychiatry –an integrative relationship based Biopsychosocial medical specialty with roots in natural and social science.**

THIRTY-YEAR ANNIVERSARY

- EPDS (1986)
- Parent and baby day unit – Stoke-on-Trent
- Transcultural psychiatry (Routledge)
 - Migration
 - Racism
 - Services for black and ethnic minorities



CLINICAL WORK

- Puerperal psychosis
- Postnatal Antenatal depression
- Uganda
- Edinburgh, Scotland



FRAMEWORK

- International / Global What is the difference?
- National Regional
- Individual Personal - holding together of Medicine
Arts/Music and religion

- **Global** Lancet Commission 2018
- WHO Maternity Services 2018 .Global Perinatal Mental health Alliance
- UN Sustainability Development Goals SDGs
- **Regional** Europe Marce Societies
- **Individual** Royal College Person centered Psychiatry



INDIVIDUAL. THE PERSON. THE SONG.

- Early detection/screening
- Primary or secondary prevention
- Targeted prevention



ORIGINS OF EPDS

- Blue skies research
- Need for screening scale developed by clinicians
- EMIC and Etic Use of language and metaphor
- Universal v Contextual



THE TEN EPDS ITEMS

1. I have been able to laugh and see the funny side of things
2. I have looked forward with enjoyment to things
3. I have blamed myself unnecessarily when things went wrong



THE TEN EPDS ITEMS

4. I have been anxious or worried for no good reason
5. I have felt scared or panicky for no very good reason




THE TEN EPDS ITEMS

6. Things have been getting on top of me
7. I have been so unhappy that I have had difficulty sleeping
8. I have felt sad or miserable



THE TEN EPDS ITEMS

9. I have been so unhappy that I have been crying
10. The thought of harming myself has occurred to me

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- 60 languages
 - Problems of heterogeneity
 - Flaherty et al. – Conceptual linguistic and technical validity



TEN UPDATED RECOMMENDATIONS FOR OPTIMAL USE

- Archives of Women's Mental Health 2017
- British Journal of Psychiatry Editorial Dec 3018



PRESENT-DAY SOCIETY

- Globalisation
- Nationalism / multinationalism/Brexit
- Individual / communal
- Secular / religious
- Physical / metaphysical

PERSON AND PEOPLE CENTERED

- Desire in Spring Francis Ledwidge WW1 poet died 1917
- Set to music by Ivor Gurney () Gloucestershire Poet and Composer
- Music Memory and Medicine 'I love the cradle songs the mothers sing..'

HOLDING IT ALL TOGETHER

Relationship-
based biopsychosocial approach
(rbBPS)

