

Department of Primary Care & Public Health

A Qualitative Study of Barriers and Facilitators to Psychological Treatment Access for People with Perinatal Obsessive- Compulsive Disorder (POCD) Experiences



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Perinatal Obsessive-Compulsive Disorder



- 90% of population experience intrusive thoughts (Rachman and Silva, 1978)
- Rates range from 2-22% (Hudepohl et al, 2022)
- Common intrusions and compulsions (Harm = checking/avoiding. Contamination = cleaning)
- Mean time 9.6 hours per day impacted by symptoms (Challacombe et al, 2016)
- Effective treatment is known (Challacombe et al, 2011; Hudepohl et al, 2022)
- What does access mean?
- Perinatal populations have regular interactions with primary care, but there is often misrecognition of POCD
- Relationship with healthcare professional matters





Interviews



Aim

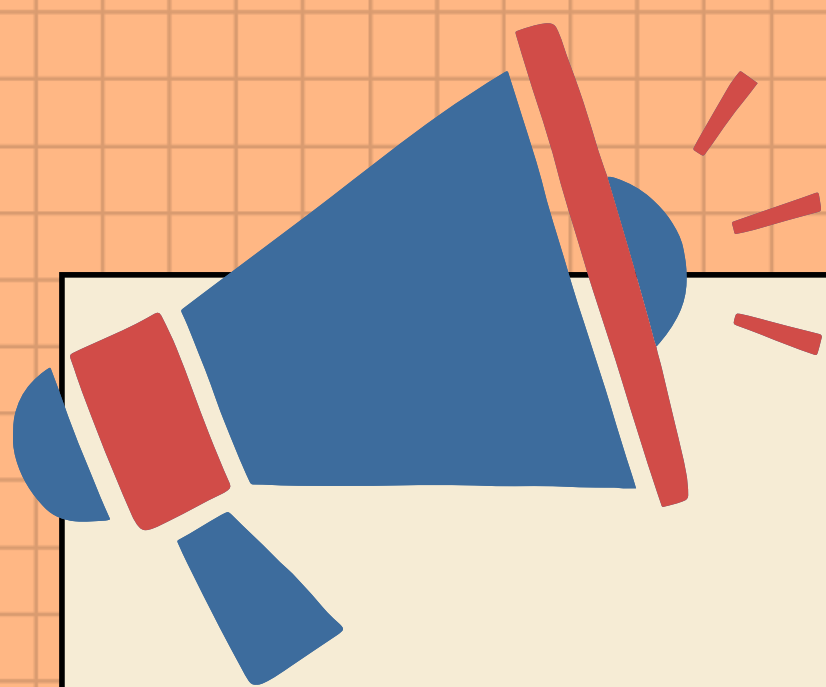
- ◆ To develop an understanding of the barriers and facilitators to accessing psychological support for POCD from service users perspectives

Sample

- ◆ Those who self-identify as having experienced POCD or are close with someone who has
- ◆ Individuals who both have and haven't accessed support
- ◆ Live in England
- ◆ Experienced symptoms during or after 2008

Method

- ◆ Semi-structured interviews
- ◆ Thematic analysis



Co-production



Principles of sharing power, valuing others' knowledge and flexibility (NIHR INVOLVE guidelines)

Move away from the "us vs them" and "unwell patient" discourse.

Five EBEs have been involved throughout the study:

- Co-creation of participant facing materials
- Three trained to peer-interview
- Will be trained in analysis
- Dissemination plan will be developed



Preliminary Results



If you don't fit in the postnatal depression box...

It was almost like if you haven't got postnatal depression, then what do we do?

Is treatment appropriate?

But it's when it comes to the actual, kind of intervention side I just think well it's more I just don't really feel like there's that much that can be done

When do 'mum anxieties' become POCD?

The whole time I was asking for that help, I was like blaming myself thinking, this is just me not coping with the anxieties of pregnancy and every woman feels like this, but they've got better coping mechanisms

I'll just deal with it

It was just something that I was like happy to take responsibility for... I felt it wasn't affecting my baby, the kind of consequences of these thoughts was my own anxiety, so I just thought ... it's my responsibility and it's my problem if I choose not to seek help

Going forward: use the results to inform toolbox design, co-created with healthcare professionals

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