

Increasing access to psychological interventions through primary care for those experiencing perinatal obsessive-compulsive symptoms: a co-produced project

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Public Summary:

Perinatal obsessive-compulsive disorder (PNOCD) is estimated up to one in five mothers. Effective treatment is known however, there are high rates of misrecognition.

We have investigated the barriers and facilitators to accessing evidence-based psychological treatment for PNOCD and have developed recommendations for how to increase access for this population. This has included interviews with mothers to discuss their experiences interacting with services, a survey with healthcare professionals to identify barriers which are seen as the most important and amenable to change and workshops with healthcare professionals to develop these top ranked barriers into recommendations to increase access to support for PNOCD. These studies have been co-produced with five experts by experience. Recommendations include increase the public's knowledge and

increase the public's knowledge and awareness of PNOCD and providing training to healthcare professionals to increase their knowledge of PNOCD and skills in engaging in conversations on the topic with mothers.

Public and Community Involvement:

Five experts by experience (EBEs) have been involved throughout the study, through group, and 1-1 meetings as well as through emails. EBEs have been involved in the following:

- Co-creation of all participant facing materials including; the recruitment poster, topic guide, signposting document and PIS.
- One EBE became the recruitment 'lead' and ran the social media accounts.
- Three EBEs have been trained to conduct interviews.
- EBEs will also be trained and involved in the thematic analysis and dissemination of results.



Outcomes

Currently, we are still recruiting and conducting interviews as informational power has not been reached. As POCD is under-recognised, this is a hard-to-reach group so recruitment has been challenging. It has been exciting to working with the EBEs, as they have developed the project by providing invaluable insights and furthered the PI's understanding of POCD. This study will contribute to the research field as there is limited research on POCD, and no study has identified barriers and facilitators to accessing services. The results from this study will be used to co-produce a toolbox for future services with healthcare professionals and EBEs.