

Reference List

Articles used in the creation of “How to feel better with perinatal anxiety (during or after pregnancy)”

- Aylett, E., Small, N., & Bower, P. (2018). Exercise in the treatment of clinical anxiety in general practice – a systematic review and meta-analysis. *BMC Health Services Research*, 18(1), 559. <https://doi.org/10.1186/s12913-018-3313-5>
- Bellantuono, C., Martellini, M., & Orsolini, L. (2019). General Approach to Pharmacological Treatment: During the Perinatal Period. In F. Uguz & L. Orsolini (Eds.), *Perinatal Psychopharmacology* (pp. 55-66). Springer International Publishing. https://doi.org/10.1007/978-3-319-92919-4_4
- Davenport, M. H., McCurdy, A. P., Mottola, M. F., Skow, R. J., Meah, V. L., Poitras, V. J., Jaramillo Garcia, A., Gray, C. E., Barrowman, N., Riske, L., Sobierajski, F., James, M., Nagpal, T., Marchand, A.-A., Nuspl, M., Slater, L. G., Barakat, R., Adamo, K. B., Davies, G. A., & Ruchat, S.-M. (2018). Impact of prenatal exercise on both prenatal and postnatal anxiety and depressive symptoms: a systematic review and meta-analysis. *British Journal of Sports Medicine*, 52(21), 1376-1385. <https://doi.org/10.1136/bjsports-2018-099697>
- Garcia-Gonzalez, J., Ventura-Miranda, M. I., Requena-Mullor, M., Parron-Carreño, T., & Alarcon-Rodriguez, R. (2018). State-trait anxiety levels during pregnancy and foetal parameters following intervention with music therapy. *Journal of Affective Disorders*, 232, 17-22. <https://doi.org/https://doi.org/10.1016/j.jad.2018.02.008>
- Green, S. M., Donegan, E., McCabe, R. E., Streiner, D. L., Agako, A., & Frey, B. N. (2020). Cognitive behavioral therapy for perinatal anxiety: A randomized controlled trial. *Australian & New Zealand Journal of Psychiatry*, 54(4), 423-432. <https://doi.org/10.1177/0004867419898528>
- Hall, H. G., Cant, R., Munk, N., Carr, B., Tremayne, A., Weller, C., Fogarty, S., & Lauche, R. (2020). The effectiveness of massage for reducing pregnant women's anxiety and depression; systematic review and meta-analysis. *Midwifery*, 90, 102818. <https://doi.org/https://doi.org/10.1016/j.midw.2020.102818>
- Harrison, V., Moulds, M. L., & Jones, K. (2021). Support from friends moderates the relationship between repetitive negative thinking and postnatal wellbeing during COVID-19. *Journal of Reproductive and Infant Psychology*, 1-16. <https://doi.org/10.1080/02646838.2021.1886260>
- Haßdenteufel, K., Feißt, M., Brusniak, K., Lingenfelder, K., Matthies, L. M., Wallwiener, M., & Wallwiener, S. (2020). Reduction in physical activity significantly increases depression and anxiety in the perinatal period: a longitudinal study based on a self-report digital assessment tool. *Archives of Gynecology and Obstetrics*, 302(1), 53-64. <https://doi.org/10.1007/s00404-020-05570-x>
- Loughnan, S. A., Joubert, A. E., Grierson, A., Andrews, G., & Newby, J. M. (2019). Internet-Delivered psychological interventions for clinical anxiety and depression in perinatal women: a systematic review and meta-analysis. *Archives of Women's Mental Health*, 22(6), 737-750. <https://doi.org/10.1007/s00737-019-00961-9>

- Loughnan, S. A., Wallace, M., Joubert, A. E., Haskelberg, H., Andrews, G., & Newby, J. M. (2018). A systematic review of psychological treatments for clinical anxiety during the perinatal period. *Archives of Women's Mental Health*, 21(5), 481-490. <https://doi.org/10.1007/s00737-018-0812-7>
- Maguire, P. N., Clark, G. I., & Wootton, B. M. (2018). The efficacy of cognitive behavior therapy for the treatment of perinatal anxiety symptoms: A preliminary meta-analysis. *Journal of Anxiety Disorders*, 60, 26-34. <https://doi.org/https://doi.org/10.1016/j.janxdis.2018.10.002>
- Nillni, Y. I., Mehralizade, A., Mayer, L., & Milanovic, S. (2018). Treatment of depression, anxiety, and trauma-related disorders during the perinatal period: A systematic review. *Clinical Psychology Review*, 66, 136-148. <https://doi.org/https://doi.org/10.1016/j.cpr.2018.06.004>
- Sheffield, K. M., & Woods-Giscombé, C. L. (2015). Efficacy, Feasibility, and Acceptability of Perinatal Yoga on Women's Mental Health and Well-Being: A Systematic Literature Review. *Journal of Holistic Nursing*, 34(1), 64-79. <https://doi.org/10.1177/0898010115577976>
- Shepherd, S. (2019). *Beyond the Bump: A clinical psychologist's guide to navigating the mental, emotional and physical turmoil of becoming a mother*. Allen & Unwin. https://www.google.com.au/books/edition/Beyond_the_Bump/aIWaDwAAQBAJ?hl=en&gbpv=1&dq=beyond+the+bump&printsec=frontcover
- Shi, Z., & MacBeth, A. (2017). The effectiveness of mindfulness-based interventions on maternal perinatal mental health outcomes: a systematic review. *Mindfulness*, 8(4), 823-847. <https://doi.org/10.1007/s12671-016-0673-y>
- Silva, D. F. O., Cobucci, R. N., Gonçalves, A. K., & Lima, S. C. V. C. (2019). Systematic review of the association between dietary patterns and perinatal anxiety and depression. *BMC Pregnancy and Childbirth*, 19(1), 212. <https://doi.org/10.1186/s12884-019-2367-7>
- Waters, C. S., Annear, B., Flockhart, G., Jones, I., Simmonds, J. R., Smith, S., Traylor, C., & Williams, J. F. (2020). Acceptance and Commitment Therapy for perinatal mood and anxiety disorders: A feasibility and proof of concept study. *British Journal of Clinical Psychology*, 59(4), 461-479. <https://doi.org/https://doi.org/10.1111/bjc.12261>
- Yu, M., Qiu, T., Liu, C., Cui, Q., & Wu, H. (2020). The mediating role of perceived social support between anxiety symptoms and life satisfaction in pregnant women: a cross-sectional study. *Health and Quality of Life Outcomes*, 18(1), 223. <https://doi.org/10.1186/s12955-020-01479-w>