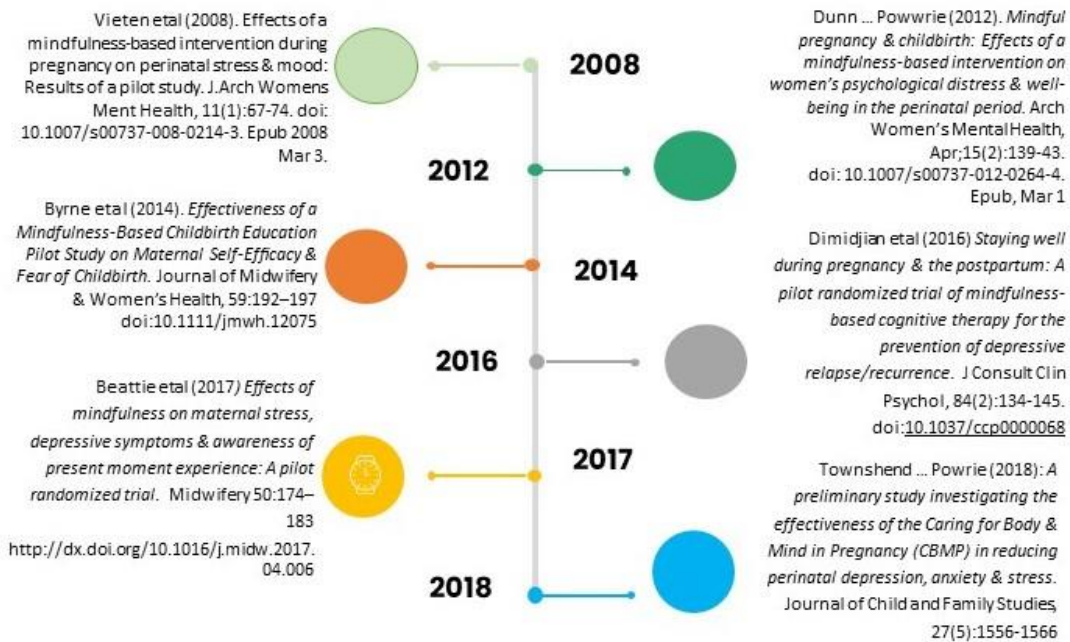


# Evidence for the effectiveness of mindfulness programs in pregnancy including the MBCP course

## Evidence for mindfulness-based programs in preventing perinatal depression/anxiety in pregnancy



## Research evidence for MBCP

