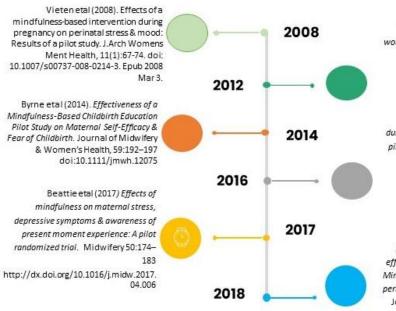
## Evidence for the effectiveness of mindfulness programs in pregnancy including the MBCP course

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



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## Research evidence for MBCP

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> Sbrillietal (2020) Effects of mindfulness-based childbirth education on child-bearers' trajectories of distress; A RCT