



## Women's Mental Health during Pregnancy and Cognitive-Behavioral Therapy

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### ABOUT THE STUDY

Pregnancy is a vital life experience for women, often accompanied by stress and physiological/mental changes. Despite technological breakthroughs in the treatment of mental and physical difficulties during pregnancy, mental health issues remain one of the most pressing concerns for pregnant women. The first pregnancy is a conditioned crisis for women. While pregnancy normally results in a burst of elation and euphoria in the parents, it can also create anxiety in nulliparous women.

The stress generated by the birth of one's first kid is ranked at the top of the list of intense mental-social pressures. Mental illnesses such as sadness and anxiety might interfere with one's social role and efficiency. According to research, mental stress promotes social, psychological, physical, and familial diseases. They reported that anxiety disorders in pregnancy were extremely important, as more than 70% of pregnant women experience some degree of anxiety, with 6.3-9.7% experiencing generalized anxiety, 0.8%-4.2% experiencing panic disorder, 1.2%-5.2% experiencing obsessiveness, and 2% experiencing post-traumatic stress disorder.

Pregnancy is one of the key stressors that can reveal or exacerbate the underlying reasons of depression. Depression is more likely among people who have marital issues, an unwanted birth, a family history of depression, and a low socioeconomic status. They came to the conclusion that stress, anxiety, and depression during pregnancy are linked to preterm birth, fetal neurodevelopment, and neonatal outcomes.

Pregnancy causes various stresses, which many women deal with by seeking family and social support. However, some women may acquire mental diseases and lay the groundwork for mental and spiritual issues. As a result, many of the changes that a woman goes through during pregnancy have an impact on her health, particularly her mental health and quality of life. Such changes may be beyond the mother's control and unprecedented, making her physically and mentally vulnerable. In other words,

throughout pregnancy, women's physical, mental, and social health, as well as their overall quality of life, experience significant changes.

Given the various issues that women face during pregnancy, it is critical to develop effective programs to improve their health and quality of life. Positive psychotic treatments led to appropriate psychological support, improved mental health, and reduced symptoms of depression in pregnant women, according to their case series study. Behavioral cognitive coaching is an effective way for teaching people how to think differently. They can acquire healthier and better behaviours in the face of adversity by adopting new ways of thinking. Such an approach could be beneficial to the mother's health. Several studies have focused on pregnant women's health and found it to be vital for pre/post-pregnancy care. In this regard, it was discovered that psychiatric therapies helped improve the mental health of pregnant women.

Currently, normal maternity care for pregnant women in Iran is mainly reliant on physical health care, whereas mental health care, particularly mental health preventative initiatives, is virtually entirely ignored by families and care facilities. Given this introduction and the scarcity of studies on the health of mothers, particularly nulliparous women, the current study is an attempt to determine the effects of group behavioral cognitive therapy on the mental health of nulliparous pregnant women visiting Kamyaran-based health centers.

Pregnant women's mental health improved after receiving behavioral cognitive counseling. Because anxiety, dread, and depression are the most common illnesses during pregnancy, it is advised that policymakers consider ways to improve access to mental health care in the national health system. Pregnant women who receive various sorts of counseling in care facilities may have better mental health. It is therefore advised to take this strategy in therapeutic settings. Furthermore, group counseling may be useful in pregnant women's social interactions and relationships, leading to improved social health.

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