

# Mindful Moms: Feasibility of a yoga-mindfulness intervention to support recovery for pregnant and parenting women with opioid use disorder

Sarah E. Lord PhD<sup>1</sup>, Ashley E. Maher BA<sup>1</sup>, Daisy J. Goodman APRN, DNP, MPH<sup>2</sup>, Julie R. Frew MD<sup>2</sup>, Amanda R. Hitchings PsyD<sup>3</sup>, Holle Black and our Mindful Moms Community Partners  
<sup>1</sup>Center for Technology and Behavioral Health, Geisel School of Medicine at Dartmouth College, <sup>2</sup>Dartmouth-Hitchcock Medical Center, <sup>3</sup>Cheshire Medical Center/Dartmouth-Hitchcock Keene

## BACKGROUND

An estimated 1 in 10 infants born in rural northern New England are affected by perinatal opioid use disorder (OUD).

Standard of care for maternal OUD during pregnancy is comprehensive treatment that includes medication for opioid use disorder (MOUD). However, postpartum treatment discontinuation is high.<sup>1</sup>

Yoga and mindfulness-based interventions show promise for supporting recovery for women with OUD.<sup>2-5</sup>

We conducted formative research with pregnant and parenting women to evaluate the feasibility of a yoga-based mindfulness intervention as an adjunct to MOUD and to guide development of the group format intervention and a mobile app companion.

## METHODS

Focus groups were conducted with pregnant and parenting women (N=23) receiving MOUD as a part of prenatal care at partner maternity care practices.

Focus groups addressed key areas related to women's needs, including; *barriers and facilitators to ongoing engagement with MOUD and perinatal care, barriers to participation in a yoga-mindfulness intervention, desired areas of support for pregnancy, parenting and recovery, and aspects of the intervention that would be helpful to augment with technology.*

Participants completed brief surveys after focus groups to assess intervention interest as well as barriers and facilitators to uptake. We analyzed feedback using the Consolidated Framework for Implementation Research. Data informed development of intervention protocol and companion mobile app prototypes.

## MOBILE APP

- Key features:
- Session reviews and skill demonstrations
  - Interactive skill-building activities (e.g., recognizing triggers and feelings, urge surfing, cycle of recovery, achieving balance)
  - Practice tracking and milestone achievement motivators
  - Self-generated inspirational cues



## RESULTS

### Sample Characteristics

- Age range: 20 to 40 years (M=28.78). All identified as Caucasian/White.
- Some high school (22%), high school diploma or GED (39%), vocational/trade school (9%), some college or a 2-year Associates' degree (30%).
- 60% had prior experience with yoga and 48% with mindfulness.
- 91% owned or had access to a smartphone. (Figure 1)

### Focus Group Themes

- 91% were somewhat (30%) or extremely (61%) likely to participate in a yoga-mindfulness program if one were offered. (Figure 2)
- 78% were somewhat (48%) or extremely (30%) likely to use a mobile app to access yoga-mindfulness skills at home. (Figure 3)
- All women saw the benefit of yoga-mindfulness for pregnancy and recovery.
- Stress and pregnancy-related pain management and physical wellbeing were most often noted as key benefits.
- Barriers to participation related to women's external context (e.g., time, access to transportation and childcare), maternity clinic characteristics (e.g., space for program in workflow), and individual factors (e.g., women's self-consciousness and low confidence for practicing yoga).
- Key facilitators related to intervention characteristics (e.g., emphasis on comfort, non-judgment, group consistency and familiarity, self-paced practice) and maternity setting characteristics (e.g., incorporating program into patient workflow).

### Access to Electronic Devices

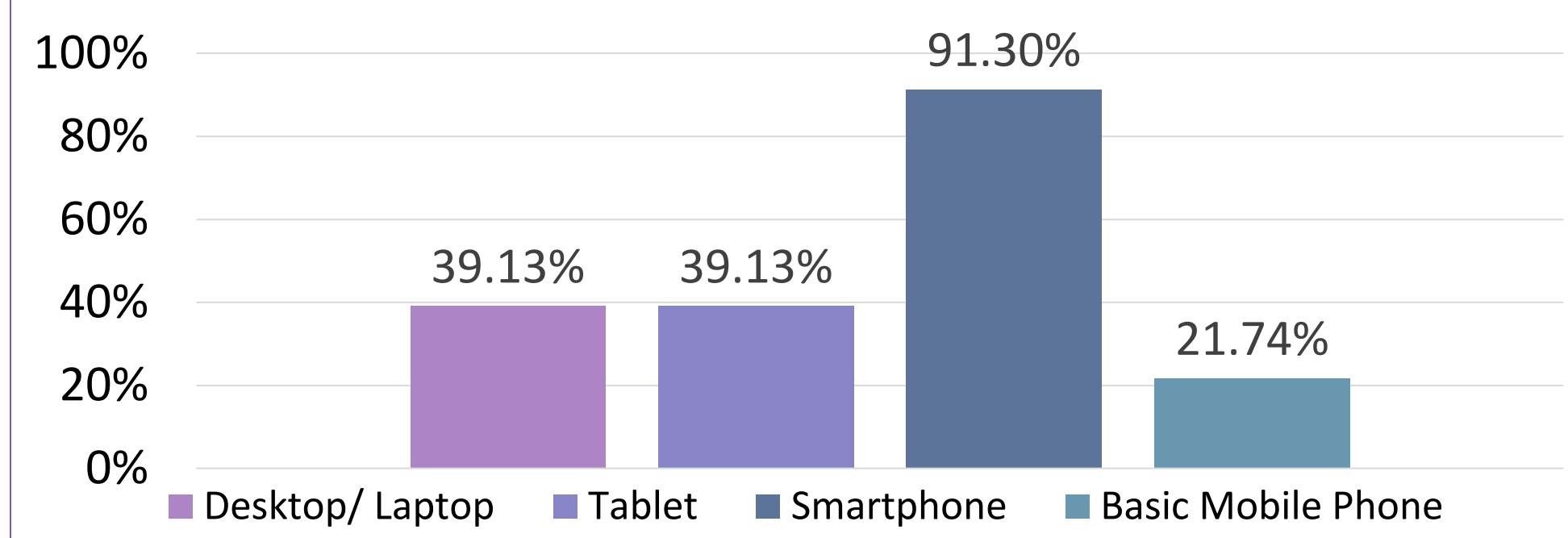


Figure 1. Access to Electronic Devices

### Interest in Participating in Yoga-Mindfulness Sessions

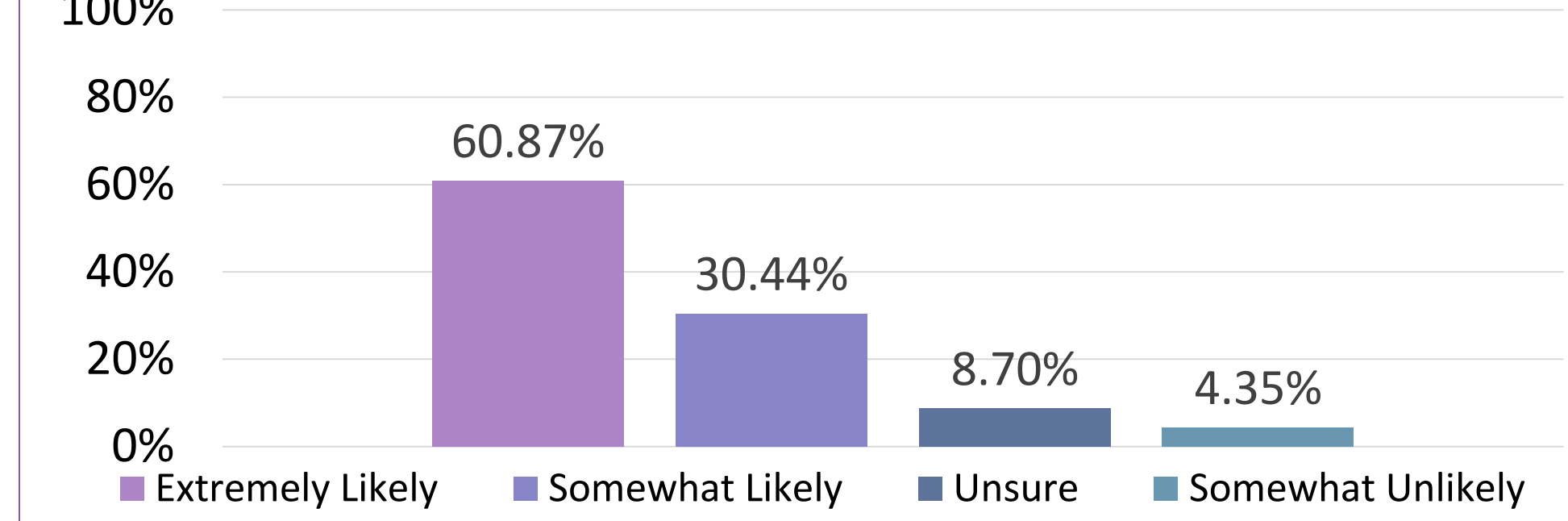


Figure 2. Interest in participating in yoga-mindfulness sessions

### Interest in Using a Companion Mobile App

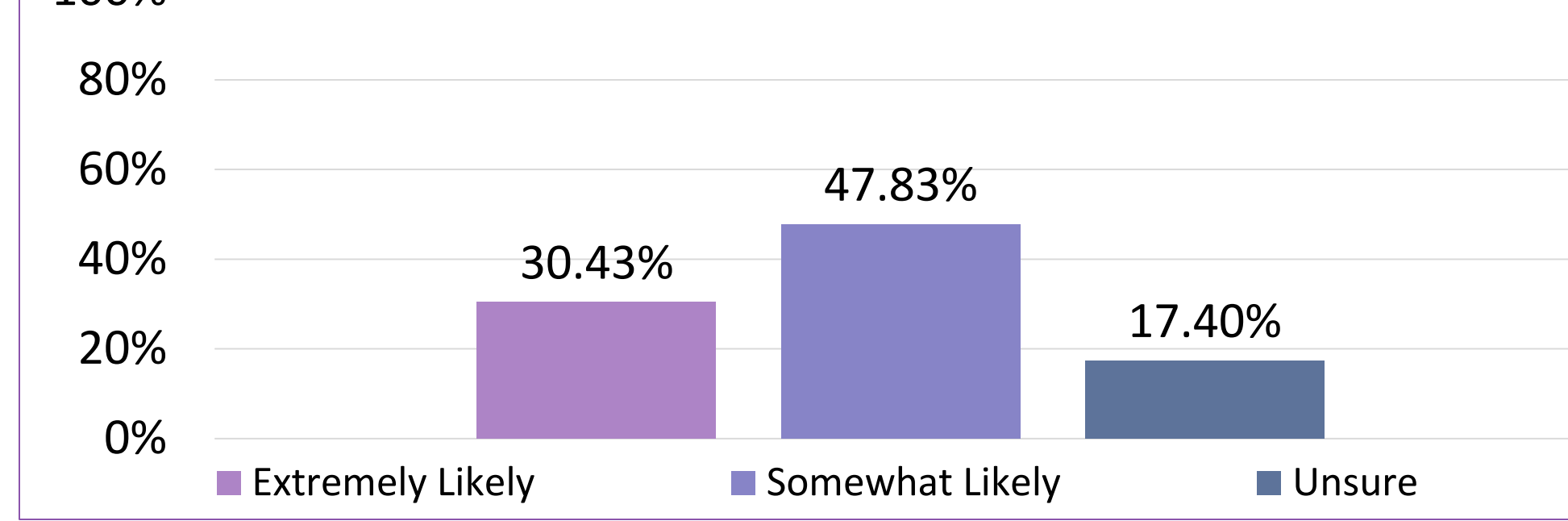


Figure 3. Interest in using a companion mobile app to access yoga-mindfulness skills

## CONCLUSIONS

- Pregnant and parenting women in recovery for OUD are highly interested in participating in a yoga-mindfulness recovery support intervention.
- Women would use a mobile companion to the intervention, which could improve access to, and engagement with, program skills.
- Early identification of barriers and facilitators to implementation of the intervention informed development of intervention components to overcome barriers and promote uptake.
- A randomized controlled pilot of the intervention with pregnant women with OUD receiving prenatal care and MOUD in their maternity care settings is currently underway.

## References

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Contact us to collaborate!



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