

National Center for Complementary and Integrative Health (NCCIH) MMM Updates

Della B. White
301-827-6358
della.white@nih.gov

Emmeline Edwards
301-594-7102
edwardse@mail.nih.gov

NCCIH Current and Future MMM Areas of Research

- Mindful Moms in Recovery: Yoga-based mindfulness relapse prevention for pregnant women with opioid use disorder (R21AT010117)
- Optimizing a mindfulness-based intervention for poor sleep quality during pregnancy (K23AT009896)
- Yoga online: Inter-conception care to prevent PTSD symptoms after stillbirth (R34AT008808)
- Mechanisms of Action of Mindfulness-Based Cognitive Therapy Perinatal Depression (MBCT-PD): A Pilot Study (R21AT010292)

NCCIH MMM Future Research and Programs

- Mechanisms through which mind and body approaches affect health, resiliency, and well-being
- Non-pharmacological interventions to support pregnant and parenting women with opioid use disorder (OUD)
- Use of mind and body approaches to promote women's health during the perinatal period
- Strategies for managing symptoms such as pain, anxiety, and depression