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

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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