

Abstract

By 2030, depression will be the worldwide leading disease burden. Women are more predisposed to postnatal depression due to childbirth and parenting, leading to long-term negative consequences on the children. The British African/Caribbean communities were worst hit by the impact of the ongoing Covid-19 pandemic, leading to an exponential increase in postnatal depression. However, the uptake of mental health services by British mothers of African/Caribbean origin is low due to the lack of access to culturally appropriate care. Therefore, this project aims to test the appropriateness and acceptability of Learning-Through-Play plus Culturally- adapted- Cognitive-Behaviour-Therapy (LTP+CaCBT) using a mixed-methods pilot randomised controlled trial to treat postnatal depression by improving mother and child well-being among the British African/Caribbean communities. The pilot findings also aim to inform a scale-up as the intervention is evidence-based, ecologically friendly, co-developed, manualised and can be delivered by non-mental health specialists such as trained community-health-workers who are more culturally knowledgeable.