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Maternal OCD: Presentation, Impact and Management From a Bio-psycho-social Perspective.

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OCD can be a debilitating condition. Major life events can often cause exacerbations. Attempting to conceive, pregnancy and the post partum period are all stressful times in a prospective mother's life. The onset of, or the worsening of OCD at this time can have a dramatic impact upon the life of a mother, a child and the whole family. Maternal OCD affects 3% of new mothers - approximately 20 000 new mothers in the UK each year. It is often poorly recognised by health care professionals. Stigma of mental illness and of the nature of the intrusive thoughts often seen with maternal OCD can make it difficult for mothers to access help. Even when they do access help, the condition can be poorly understood.

This presentation will look at how maternal OCD can present. It will give key areas to explore to ensure that assessment addresses not just OCD, but the specific concerns that occur for mothers with OCD in the perinatal period. We will look at the impacts of maternal OCD on the mother, the baby and the wider family. We will look at what interventions work for this specific client group and where does the evidence base lie. We will look at pharmacological interventions, psychological interventions and social interventions for mothers and the family.

Finally we will look at the importance of peer support as provided by an online charitable organisation such as Maternal OCD and explore the utility of such social support for families experiencing maternal OCD.