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Maternal Resilience: Reconsidering an Academic Conceptualization from Mothers' Perspectives

Why this research matters?

- Few studies focus on women's voices in mental health and resilience in motherhood
- Few studies centre on women's active participation in mental health and resilience research in motherhood
- Little is known of women's views on how resilience should be defined or measured, and the ways in which resilience research may be advanced
- There is sparse data on perinatal mental health in an Irish context

What has changed as a result of this research?



Knowledge Creation

Conceptualisation of maternal resilience from mothers' perspective



Human Capacity

Public and patient involvement (PPI)



Practice and Services

Development of educational material for healthcare professionals

How was the research translated into impact?

Women participants worked with the researcher to co-develop a qualitative research tool for exploring resilience and mental health in motherhood. Thus, enabling them to have a role in shaping future research designs and eventual output

The Facts

Before this study there was no peer-reviewed evidence of anxiety prevalence in the postpartum period or of Comorbid Anxiety and Depression (CAD) prevalence in the perinatal period in an Irish context. Currently, there are four publications resultant from the research project.



Women appreciated the opportunity for active inclusion in the research process and articulated that collaborative research indicated a progressive approach to research



"I really like knowing that I may have contributed something valuable that will help mothers in the future"

Sadhbh, collaborator participant

Good Health and Well-Being

Gender Equality

UN Sustainable Development Goals

[More information here](#)