

**The impact of integrated care related to maternal mental health during pregnancy on
preterm birth outcomes**

Monir Alipour* - AliPour Monir Department of Midwifery Islamic Azad University Ardabil
Iran Post Address Islamic Azad University Ardabil Iran

ORCID <https://orcid.org/0000000340067595>

(monir.alipor@yahoo.com)

Milad Jafari - Sechenova Medical university Moscow Russia

(miladjafari352@gmail.com)

Mothers in low-income countries are disproportionately affected by anxiety and depression during pregnancy compared to high-income countries, and these factors in turn cause many perinatal problems, the most important of which are miscarriage and preterm birth. In such circumstances, integrating mental health care by a trained expert during pregnancy into routine maternal care is recommended to address the gaps in access to mental health care in low-income communities.

Methods: The present study is a systematic review of published articles on strategies for improving maternal and fetal health in the perinatal period during pregnancy from 2000-2025, which was conducted based on the Peri-Yasma guidelines and a search by double-clicking and double-clicking in reliable databases. Experimental and semi-experimental studies on strategies for increasing psychological counseling in the perinatal period that were published in domestic and international journals were included in the study. The qualitative evaluation of the articles was conducted using a data extraction checklist and based on a researcher-made checklist.

Findings: In this systematic review study, 10-50 articles related to the topic were identified. After reviewing the titles, considering the inclusion and exclusion criteria, and reviewing the full text of the articles, a final 20 articles were included in the study, all of which suggested solutions for maternal mental health and neonatal outcomes, and maternal mental health education, were recommended by experts in that field.

Conclusion: According to the results of this study, it is recommended to integrate interventions that integrate mental health care, by experts trained in this field, into routine maternal care during pregnancy to improve maternal mental health and, consequently, neonatal health outcomes and prevent miscarriages and preterm births in low- and middle-income countries.

Keywords: Mental health, pregnant mothers, education

Resources

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