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## Mindfulness for men with pregnant partners

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The emotional wellbeing of men with pregnant partners is central to support both the woman and the child. There is a substantive evidence to support that high levels of stress are as prevalent for men as women in the perinatal period, with men being as likely to suffer stressors associated with pregnancy as their pregnant partners. Depressive or anxious episodes experienced by men as a result of stressors in pregnancy increase the possibility of anger being expressed physically. Negative results of anger experienced during pregnancy can then lead or contribute to a decrease in physical and emotional wellbeing of the woman that has a cascade effect on the child, family and community. The use of mindfulness interventions for men with pregnant partners provides the possibility to change emotions and behaviour that unchallenged might otherwise have the potential to manifest into stress, anger and violence. An improved ability to cope with stressors is postulated to improve wellbeing and decrease the chance of stress and anger becoming uncontrollable. Escalation of unmanaged anger during the perinatal period can also potentially lead to domestic violence; mindfulness interventions postulate a potential pathway for primary intervention in reducing intimate partner violence toward women during the perinatal period. Current literature on mindfulness interventions establishes positive outcomes across a variety of clinical and non-clinical populations. Reduction in the emotions of anger, anxiety and depression has been reported in literature on mindfulness interventions. However, there is currently a gap in the literature regarding whether mindfulness interventions can be used to support the emotional regulation and emotional wellbeing of men with pregnant partners. Accordingly, a pilot research project is currently underway at the University of Newcastle in conjunction with Smiling Minds to trial the benefits of mindfulness for men with pregnant partners in an online environment.

## Biography

Donovan Jones, with the current position of Deputy Program Convenor for the Bachelor of Midwifery, has been actively involved in the development of new curriculum starting in 2016 for the Bachelor of Midwifery at University of Newcastle. The new curriculum brings teaching innovation, not previously used in undergraduate midwifery programs such as cadaveric anatomy labs, 3rd year clinical viva's and the use of technology to deliver midwifery teaching across a wide demographic context. In addition to this, he is the Chair of the Bachelor of Midwifery Simulation Committee and is responsible for strategic planning for continuing advancement of midwifery teaching simulation programs, ensuring students become leaders in the field of obstetric emergency hi-fidelity simulation and learning. He is also an integral team member of the iLive project, looking at the integrated learning that meets the needs of individual students, clinical venues and universities.

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