



Mente Aberta
MINDFULNESS BRASIL

November Article

Theme:

Maternal mindfulness and anxiety during pregnancy affect the infants' neural responses to sounds.

Original article title in English:

Maternal mindfulness and anxiety during pregnancy affect infants' neural responses to sounds.

Autores: Marion I. van den Heuvel, Franc C. L. Donkers, István Winkler, Renée A. Otte, Bea R. H. Van den Bergh.

Link to the original article: <https://www.ncbi.nlm.nih.gov/pubmed/24925904>

Summary

There are consistent studies which show that maternal anxiety during pregnancy has negative effects on the neurological development results of the offspring. Nevertheless, there is a lack of information regarding the traces or positive maternal states during the pregnancy period of the offspring. This article has the objective of investigating the effects of the mother attention and anxiety during the pregnancy period on the child's neurocognitive behavior after birth, at nine months old.

The mother's mindfulness and anxiety were measured during pre-natal period, close to 20,7 weeks of gestation. And the cerebral potentials of 79 children were measured in a paradigm of auditive attention – a key aspect of precocious neurocognitive functioning.

Tradução: Letícia Oliveira

Conclusions: The results suggest that newborn children exposed to high-level mother's mindfulness during gestation, get used to irrelevant environmental sonorous stimulations faster, demonstrating a more precise perceptible representations. Contrasting to that, babies exposed to higher level of maternal anxiety during the pre-natal, get used to these stimulations slower.

This study contributes to the pre-natal programming field by showing that the mother negative traces and experiences during pregnancy are not the only ones to have effect on the child, usually emphasized in current literature. The results show that pre-natal exposure to maternal welfare can also "program" the baby development and health. Therefore, to emphasize the benefits of a positive psychological state during pregnancy can promote a healthier behavior in pregnant women.

Tradução: Letícia Oliveira