

Review of Research Areas in Reproductive and Perinatal Psychology

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ABSTRACT: The fields of reproductive and perinatal psychology represent a broad interdisciplinary field of study that comprehensively addresses the processes of pregnancy and childbirth, which are among the most critical and sensitive periods in human life. This discipline strives to deeply understand the psychosocial experiences individuals undergo from the prenatal period through to the moment of birth and beyond, focusing on comprehensively examining the psychological effects that may occur during these processes. Significant studies highlight many fundamental issues, such as how and in what ways women's mental states change throughout pregnancy, the effects of various factors related to preparing for motherhood, family dynamics, and the importance of family members and social support systems during this process. The findings presented in these studies reveal the significant effects of these processes on individuals' quality of life and overall health, clearly demonstrating the critical importance of this area in terms of public health. Furthermore, one of the fundamental objectives of this field is to accurately identify psychological risks that may be associated with pregnancy and childbirth, while also developing effective interventions and strategies that can contribute to strengthening the bond between the newborn and the mother.

KEYWORDS: Reproductive perinatal psychology, psychosocial experiences, preparation for motherhood, pregnancy processes, social support, quality of life, relationship with pregnancy and childbirth

INTRODUCTION

The fields of reproductive and perinatal psychology represent a broad interdisciplinary field of study that comprehensively addresses the processes of pregnancy and childbirth, which are among the most critical and sensitive periods in human life. This discipline strives to deeply understand the psychosocial experiences individuals undergo from the prenatal period to the moment of birth and beyond, focusing on comprehensively examining the psychological effects that may occur during these processes. Significant studies highlight many fundamental issues, such as how and in what ways women's mental states change throughout pregnancy, the effects of various factors related to preparing for motherhood, family dynamics, and the importance of family members and social support systems during this process. The findings presented in these studies reveal the significant effects of these processes on individuals' quality of life and overall health, clearly demonstrating the critical importance of this area in terms of public health. Furthermore, one of the fundamental objectives in this field is to accurately identify psychological risks that may be associated with pregnancy and childbirth, while also developing effective interventions and strategies that can contribute to strengthening the bond between the newborn and the mother. In this regard, support programmes and training are used to establish the necessary support systems for these important processes to be experienced in a healthier manner, with the aim of reducing negative emotions such as stress and anxiety felt by individuals during these special periods. In this respect, perinatal psychology presents itself as a valuable field of study that contributes not only to the health of individuals but also to that of families and, consequently, the entire structure of society.

Reproductive and perinatal psychology encompasses not only individual psychological processes but also socio-cultural and ethical dimensions. This field aims to deeply understand the complex and variable interaction between individuals' psychological health and social dynamics. In this context, adapting services within the framework of different social structures and cultural beliefs is of paramount importance. Therefore, it is necessary to provide flexible and effective services tailored to the needs of each individual. Furthermore, careful and meticulous adherence to ethical principles emerges as one of the most fundamental requirements of this field. Today, scientific developments and technological innovations continuously update and strengthen the clinical applications and assessment tools in this field, thus enabling the development of more effective, accessible, and holistic approaches. These developments, particularly enhance the quality of reproductive health services, while also laying the groundwork for the development of a more inclusive understanding that takes into account the needs of individuals from different cultural backgrounds. Educational and informative approaches are also gaining priority in raising public awareness. Developing methodologies and new scales offer significant innovations in both research and practice, thereby contributing to a broader and more multifaceted perspective in this field. This makes it possible to produce solutions tailored to the needs of individuals and communities. The convergence of all these elements enriches reproductive and perinatal psychology not only in its

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individual dimensions but also in its social aspects, forming an essential foundation for providing more satisfying and effective services in this field. This enriched field plays an important role in protecting and improving individuals' psychological health and also contributes to strengthening social relationships and interpersonal interactions.

The psychology in question has gained an important place as a multifaceted discipline that comprehensively examines the psychosocial dynamics of this process, which marks the beginning of human life, with the aim of strengthening maternal and infant health. The dynamic development of this field contributes not only to individuals but also to society, paving the way for healthy, conscious and more forward-looking approaches. A deep and careful understanding of the discipline's fundamental concepts and their broad application in practice are of great importance for improving the quality of life in societies and enabling effective planning for a healthier future. These positive developments not only improve individuals' lives but also positively influence the overall psychological health of a society, helping to further strengthen the nature and dynamics of human relationships.

On the other hand, research and applications in this field provide an opportunity to examine the psychological dimensions of different cultural structures in detail, building a bridge from the past to the present. In this context, scientific studies and observations are used to conduct in-depth analyses of societies' historical backgrounds and current issues. Thus, the effects of cultural factors on individuals' psychological health are increasingly being questioned and discussed. Academic and practical work in this field contributes not only to individuals' psychological health but also to the positive development of social structures, greatly assisting in the formation of healthy communities and the strengthening of social bonds between individuals. This creates an encouraging effect for the establishment of stronger family structures and supportive social networks, promoting social solidarity and a spirit of cooperation. Ultimately, each of these processes plays a fundamental role in improving both maternal and infant health and the psycho-social dynamics of society as a whole, thereby contributing to an increase in the quality of human life. Furthermore, the implementation of these processes allows for the strengthening of social bonds and the renewal of relationships between people in a healthier manner. Therefore, the role of reproductive and perinatal psychology is quite significant as an important factor in the joint development of individuals and society. Raising healthy individuals for the future welfare of society is directly related to the importance of this discipline and contributes to laying the necessary foundations for a healthy future.

BASIC CONCEPTS RELATED TO REPRODUCTIVE PSYCHOLOGY

Reproductive psychology clearly presents itself as an interdisciplinary field focused on the in-depth understanding of the psychological processes individuals encounter during various stages of their lives, particularly before, during, and after birth. This comprehensive and multifaceted field requires not only consideration of individuals' physical health, but also detailed and comprehensive analysis of their mental and social states. It is critically important to address the complex interactions of these elements in individuals. Key concepts include psychosocial factors directly related to reproductive processes, risk and protective factors, psychological resilience, and adaptation mechanisms. Furthermore, examining the psychological states that may arise during pregnancy, before birth, during labour, and after birth is of great importance for better understanding these critical processes. Identifying potential risk factors that may be encountered during these periods and implementing the necessary intervention methods is extremely important in terms of both protecting the mother's health and positively influencing the healthy development of the baby.

A detailed examination of reproductive psychology requires consideration of many factors, including the psychological state of both the mother and father, as well as their personal histories and interactions with their social environment. In this context, it is quite clear that the psychosocial dimensions of the preconception (pre-pregnancy) and conception (pregnancy) processes are directly related to individuals' sexual health and reproductive choices. Rapidly changing social structures, dynamic processes, and constantly evolving technological innovations necessitate a better understanding and handling of these processes; therefore, the value and importance of work in this field is increasing day by day and becoming even more apparent with current developments. Issues such as planned and unplanned pregnancies remain of great importance, and many different dimensions, such as families' expectations for the future and decision-making processes, are being examined in depth and with great care from a psychological perspective. These studies also make an important contribution to understanding the complex structure of emotions such as anxiety, fear, and happiness that individuals experience. The fundamental concepts in reproductive psychology not only guide psychological assessment and intervention approaches but also provide important insights into developing healthy and harmonious experiences of motherhood and fatherhood. Ultimately, the primary aim of research in this field is to enhance individuals' quality of life and establish appropriate support systems tailored to the specific psychosocial needs of the reproductive period. This approach positively impacts both the mental and physical health of individuals, while also contributing to the establishment of healthier and more stable family dynamics. Reproductive psychology aims to increase individuals' confidence in their own lives, while also helping them to engage in healthy interactions from a social perspective.

In developing societies, scientific studies in this field have the potential to create long-term effects not only on individuals' lives but also on the general health of society. Therefore, experts in this field can make significant contributions to building a healthier society structure by considering individuals' health and continuously monitoring the reflections of social change and innovation. Thus, it becomes possible to create healthier individuals and, consequently, healthier societies. Reproductive psychology aims to increase individuals' self-confidence and enable them to express themselves better by working effectively to provide outcome-focused support during these critical periods of

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their lives. The impact of these studies and approaches has positive repercussions not only on individuals but also on families and society at large, offering significant opportunities to increase the overall well-being of individuals and communities.

The preconception and conception processes are complex and multidimensional stages that are deeply connected to individuals' psychosocial dynamics. These processes encompass not only the desire to have children, but also the emotional, hormonal and social changes that individuals experience at turning points in their lives. The preconception period represents a special stage in which the idea of having children, i.e. the desire to become a parent, emerges and is shaped by the interaction of many different factors in a person's life. At this stage, individuals and couples enter a process of experiencing many different feelings and thoughts related to the decision to become parents, either consciously or unconsciously. This process deeply affects individuals' subjective expectations, inner fears, and hopes for the future, while also playing a major role in shaping them. Primarily, this period offers individuals and couples the opportunity to review their own internal emotional state; such an opportunity allows them to question their desire to become parents and make an internal assessment, thus embarking on a profound inner journey. From a psychosocial perspective, people's desire to have children is deeply influenced by social norms, family attitudes and personal values, and these influences emerge as important factors guiding individuals' decisions. The internal conflicts encountered during this process play a significant role in individuals' difficulties in defining their personal boundaries, while efforts to conform to social expectations are also one of the factors that increase their impact on individuals' lives. In this context, it is necessary to focus on the emotional difficulties experienced by individuals, such as stress, anxiety and uncertainty; as these factors constitute a critical component of the psychological dynamics of transitioning into the parental role and have the potential to shape future parenting experiences. At the same time, societal perceptions of motherhood and fatherhood and the effects of these perceptions on individuals also play a decisive role in shaping thoughts and feelings. The psychological dynamics experienced throughout these complex processes can also have profound and rich effects on individuals' mental health, overall life satisfaction, and the quality of their parenting experiences. The preconception and conception periods are complex and multifaceted stages that have lasting and profound effects on individuals' personal and social lives. The experiences individuals have during this period convincingly shape their preparation for parenthood, thereby strongly influencing both their personal development and their interactions with society, providing them with numerous internal and external resources.

The conception process begins with the pregnancy planning stage; that is, deciding to take the first steps towards having a child is an important first step on the path to starting a family. The necessity of implementing this important decision is a situation that requires the couple's biopsychosocial adaptation. At this stage, a process that encompasses not only physical but also emotional and social aspects comes to the fore for couples. This process involves not only emotional acceptance but also developing strategies for managing expectations and preparing for the challenges that may be encountered in various scenarios on the path to parenthood. Developing the ability to cope with stress within this cycle is of vital importance. From a psychological perspective, this period is closely related to individuals' emotional states; the expression of anxieties, fears, or joys has a significant impact on individuals' overall psychological health. During this process, the effective functioning of social support systems, the high underlying psychological resilience of individuals, and consideration of the effects of various events that life brings are among the important factors that ultimately influence whether conception is successfully completed or often results in various adverse effects. In this context, the presence of a supportive environment can positively influence individuals' mental state, helping them navigate this process in a healthier manner. Support provided within the family and circle of friends, in particular, can increase couples' psychological resilience, enabling them to get through this process with less stress. Thus, this stage, which is a natural process, can become a transition period filled with hope and satisfaction for individuals' futures. Establishing supportive relationships, developing mutual understanding, and providing emotional support to each other are crucial during this period.

Both stages are shaped within a comprehensive process that involves individuals' self-perceptions, their relational dynamics with each other, and their ongoing life experiences. Within this complex structure, psychosocial support helps individuals interpret their emotions more accurately while also contributing to their adaptation to life. Psychosocial support systems help individuals understand their inner worlds while also facilitating the strengthening of their social interactions. At the same time, considering how social and cultural perceptions shape an individual's decision-making processes and general attitudes, these stages take on a special and privileged importance in terms of clinical intervention and professional counselling services. Therefore, effectively understanding the psychosocial dimensions of the preconception and conception processes and providing support to individuals when necessary forms the cornerstone and backbone of a healthy pregnancy and birth process. For this reason, it is important to remember that taking into account the emotional and psychological aspects of individuals is of critical importance in both strengthening individual health and increasing social welfare. In this process, detailed research and analysis of both stages will contribute to a better understanding of all components of the process.

PREGNANCY PSYCHOLOGY AND PREPARING FOR MOTHERHOOD

The psychology of pregnancy is a phenomenon involving many factors that show it to be a highly complex and equally important process requiring a deep understanding of the physiological and emotional changes experienced by expectant mothers. During this critical period, it is extremely important for expectant mothers to have the necessary knowledge and awareness to develop their ability to cope with the difficulties they may encounter. This process is not limited to individual experiences but is a decisive factor that directly affects the healthy development of the foetus and cannot be overlooked. The pregnancy process presents itself as a multifaceted experience in which environmental, psychosocial, and social factors play an effective role alongside hormonal changes. Preparing for motherhood should be

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considered not only as a biological process but also as a multi-layered experience involving psychological and social adaptation processes. During this preparatory period, it is extremely important for expectant mothers to educate themselves in a safe, positive and supportive atmosphere. Beginning to understand themselves is considered an important step forward, both psychologically and physically. The information acquisition process greatly reduces the uncertainties expectant mothers feel during pregnancy, providing them with higher quality guidance and enabling them to feel more confident during this process.

At this stage, the supportive role of psychological counselling and education programmes is quite significant; because these programmes help expectant mothers to readjust their expectations and manage their anxieties and worries more effectively. Furthermore, reinforcing parental attitudes, encouraging spouses to support each other, and boosting individuals' self-confidence are also fundamental and critical indicators for developing a healthy reproductive role. Within the framework of pregnancy psychology, carefully and meticulously assessing the emotional experiences, anxiety levels, and pregnancy-related concerns of expectant mothers is of utmost importance during this process. In this process, diagnosing potentially emerging psychopathological conditions at the earliest possible stage and controlling them with appropriate interventions plays a critical role in ensuring the health of both the mother and the baby. To this end, various approaches implemented by psychiatrists and psychologists are actively put into practice to support the mental health of expectant mothers during pregnancy, aiming to achieve significant gains. Emotional awareness, stress management training and psychological support offered specifically to expectant mothers are among the most effective and beneficial methods for reducing pregnancy-related anxieties and concerns.

Furthermore, the process of preparing for motherhood also encompasses the integration of family structure, social environment, and support systems within that environment. Strengthening these support mechanisms plays a crucial role in preventing expectant mothers from feeling isolated, enabling them to approach the pregnancy process with a more positive outlook and confidence. The combination of all these components forms the cornerstones of pregnancy psychology, contributing to expectant mothers' healthy psychosocial adjustment and laying a strong foundation for embracing future parenting roles. Therefore, the effective and healthy execution of these processes is critical and of great importance for both the mother and the baby in coping with many potential difficulties that may arise in the future. Maintaining a healthy psychological state during this period contributes significantly to the development of both the physical and emotional aspects of the baby (). In this context, the importance of carefully addressing all these processes and developing a supportive system should never be overlooked. Supporting these processes will help expectant mothers cope more effectively with the challenges they may face during pregnancy and achieve positive outcomes.

PARENTING PSYCHOLOGY IN CHILD DEVELOPMENT AND FAMILY RELATIONSHIPS

Parenting psychology plays an extremely critical and vital role in thoroughly understanding the fundamental dynamics of child development and family relationships. This very important and broad field contributes significantly to the creation of healthy and positive family environments by deeply examining the psychological foundations of parents' relationships with their children. Parenting behaviours have a direct impact on children's emotional, social, and cognitive development, and parents' attitudes and behaviours are of great importance in this process. Parents' attitudes indirectly influence children's emotional intelligence development and social relationships, contributing to their significant role in children's lives. Emotional intelligence plays a very important role in every area of an individual's life, from school to friendships, from finding a job to the general flow of life, and therefore the impact of parents in this regard is truly remarkable. Furthermore, parents' self-perception, stress levels, and psychosocial status play an extremely important role in shaping their communication and interactions with their children. Parents' moods, therefore, can have a decisive impact on children's perception of emotions and emotional development.

In this context, parenting psychology provides effective support to parents by offering education and counselling services aimed at helping them develop a conscious, attentive and mindful approach. Education helps parents acquire the knowledge and skills necessary to better approach their children, while children's healthy development progresses further as relationships within the family are strengthened by parents' consistent, supportive and guiding attitudes. Furthermore, children's development of a sense of security and social adaptation skills is directly related to parent-child interactions. In this case, parents are responsible for meeting their children's emotional needs in their interactions with them, as well as establishing healthy communication and relationships. In addition, the difficulties and conflicts that may be encountered in the parenting process can be effectively managed with psychological support and counselling services. Overcoming potential conflicts within the family can help strengthen relationships within the family and is of critical importance for protecting children's psychological health. From this perspective, parenting psychology emerges as an important scientific discipline aimed at increasing the resilience of families and supporting the healthy development of children. Ultimately, parenting psychology is a critical field for improving both individual and societal well-being. To the extent that it contributes to families developing conscious and healthy parenting approaches, it plays an important role in strengthening the overall structure of society. Therefore, ongoing research and practices in the field of parenting psychology are extremely important and necessary for future parents to raise their children with a healthy approach and understanding. With the impact of education and support, parents can respond more effectively to their children's needs and make positive contributions to their physical, emotional, and social development. Parenting psychology is a significant resource for families to provide long-term benefits not only individually but also at a societal level. In this context, parenting processes have the potential to contribute to raising children as healthier individuals by strengthening family relationships and nurturing their mental, emotional, and social aspects.

CLINICAL APPROACHES AND ASSESSMENT TOOLS

Clinical approaches and assessment tools are truly critical for the effective application and integration of reproductive and perinatal psychology. In this context, there are many strategies and methods adopted in psychiatric and psychological diagnosis and assessment processes. Clinical approaches rely on numerous psychometric tools and detailed clinical interviews to gain an in-depth understanding of the psychological and emotional processes experienced by the individual, to analyse these processes in detail, and to plan the most appropriate interventions and support methods accordingly. Clinical interviews are a crucial process conducted between the client and the therapist, enabling the acquisition of in-depth information aimed at understanding the individual's emotional state and life circumstances. During this process, the client's life history, anxiety and stress levels, social support systems, and psychosocial factors are carefully and meticulously identified and comprehensively analysed.

In this way, we gain a more comprehensive and in-depth understanding of the individual's overall psychological state. These interview stages go beyond a superficial information-gathering process and aim to understand the person's inner world, the various difficulties they experience, and their emotional state. The psychiatrist thus has the opportunity to develop a more effective understanding of the client's state of mind. In addition, structured or semi-structured psychometric scales are used to identify common psychological problems such as depression and anxiety, and these identifications are of paramount importance in determining the help the individual needs. In this context, various tools such as the Edinburgh Postnatal Depression Scale and the Perinatal Anxiety Scale are important examples. These psychometric tools provide valuable guidance to clinicians in the diagnosis and intervention planning processes, contributing significantly to the planning of necessary treatment methods and support processes. Particularly in these processes, the quality of analyses conducted by taking into account clinical assessments, observations, and individual circumstances is enhanced, enabling a better response to individuals' psychological needs; thus, more appropriate and effective support can be provided. The approaches to be implemented in the clinic allow for the development of various strategies aimed at helping clients better understand the challenging situations they are experiencing.

Alternative methods used in the treatment process are constantly updated and developed, particularly with the aim of better understanding the problems faced by the individual and developing more effective intervention strategies for these problems. Clinical approaches have the potential to offer personalised support by taking into account each individual's unique qualities and the difficulties they face; thus, a more holistic recovery process is ensured, and steps that are crucial and necessary for improving individuals' quality of life are taken. This type of approach offers the opportunity to examine the individual's situation within a healthier framework, thereby enabling more effective support. At the same time, it ensures that the necessary measures are taken for the continuity of individuals' mental health and offers the opportunity to take the necessary steps to contribute to clients leading a more peaceful and better quality life.

The convergence of all these processes fosters the accumulation of deeper knowledge and experience in the field of psychological treatment, aiming to enhance the effectiveness of the treatment process and improve individuals' psychological health. Moreover, this expertise and experience play a critical role in determining the type of support individuals require at each stage. Thus, the feedback obtained at each stage of the treatment process also forms the basis for future planning and increases the effectiveness of psychological health services. This support, offered to help individuals cope with the difficulties they experience, is crucial in improving their quality of life and developing their stress management skills. Of course, for this process to be carried out successfully, it is necessary to develop strategies meticulously tailored to each individual's needs and to implement them. Ultimately, the work and practices pursued in this field make important contributions to efforts to protect and improve individuals' psychological health.

In assessment processes, while adopting a multidisciplinary approach is of great importance, it should be understood that not only the individual's psychological state but also their physical health, as well as social and environmental factors, must be carefully considered throughout this process. In this context, it is necessary to take into account not only individuals' mental and physical health but also their social networks and environmental conditions. Furthermore, it is vitally important to evaluate all factors that may affect the individual's overall quality of life at every stage. In addition, assessing the quality of support provided by the family and the environment can be a very important factor in identifying psychosocial risk factors. Clinical assessment is usually carried out through psychometric tools and clinical interviews. Furthermore, it has been observed that laboratory tests and observational methods are also incorporated into the process when necessary. This holistic and multidimensional approach enables the accurate identification of both the mother's and the baby's psychological needs, while also contributing significantly to the creation of treatment and support plans tailored to each individual. Thus, it is possible for individuals to feel better and improve their quality of life. As a result, this process makes it possible to achieve better results at every stage and provides a significant increase in the quality of life of individuals. With this approach, the assessment process goes beyond being merely a process and offers a holistic approach that contributes to individuals' psychosocial development. Thus, this type of assessment also has a significant impact in terms of social dynamics, enabling individuals to establish healthier relationships with their environment. The correct and effective use of clinical approaches and assessment tools is truly crucial in the early diagnosis and effective intervention of psychological problems that may arise during the perinatal period, i.e. pregnancy and childbirth. In this context, the continuous updating and customisation of assessment tools used by specialists in this field enables the development of personalised intervention strategies that support individuals' psychological well-being and are tailored to their needs. In particular, this process is critical for both maternal and

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infant health, and it also provides significant benefits in terms of raising healthy individuals by identifying and managing psychological problems.

Therefore, the assessment of psychological conditions during the perinatal period and the adoption of an aesthetic approach in this process are extremely important issues for both individual and public health and should be addressed carefully and meticulously. In the future, research and applications in this field may open the door to new and promising developments in perinatal psychological health by enabling more targeted and effective interventions. This plays an important role in both improving individuals' quality of life and supporting families in having the opportunity to grow up in a healthy environment. Furthermore, bringing together different disciplines to adopt a multidisciplinary approach during this process can yield highly effective results at both the individual and societal levels. This enables the early detection of potential problems and immediate intervention when necessary, thereby contributing to the protection of individuals' mental and physical health. Thus, psychological difficulties that may be encountered during the perinatal process are managed more effectively, and important steps are taken to support the healthy development of individuals.

RECOMMENDATIONS FOR THE DEVELOPMENT OF THE FIELD

In research, the use of long-term and in-depth data collection methods is of great importance; these methods not only improve the quality of the data but also play a significant role in ensuring the reliability of the findings obtained during the research process. In clinical practice, approaches that take into account cultural and individual differences specific to each individual have become a top priority. Given that each individual has a different background, varied experiences and unique needs, healthcare services must be delivered in a manner appropriate to the characteristics of each individual. In this context, enabling individuals to assess their own experiences and needs is critical to building a healthy society. Furthermore, strengthening international cooperation and encouraging the sharing of knowledge and experience will significantly increase gains in this area. Through joint projects and comprehensive studies, it is possible to bring together information from different cultures and ensure that best practices are addressed from a broader perspective. These developments also contribute significantly to raising awareness in society as part of efforts to increase the accessibility and effectiveness of psychological support services. As awareness increases, individuals will become more conscious of their own psychological health and will take bolder steps to seek psychological or social support when needed. In this context, flexibility in policy and practice, as well as innovation, should be prioritised in light of constantly updated scientific data for progress in this field. Detailed analysis and evaluation of existing data plays a critical role in developing successful policies.

The implementation of recommendations to be developed in the fields of reproductive and perinatal psychology should provide significant and substantial gains from both an individual and a societal perspective. Such approaches can enable important steps to be taken towards improving public health. In society, the positive outcomes achieved through such interactive and holistic approaches will significantly enhance social and psychological solidarity, as well as increase overall well-being. Healthier individuals have the potential to build a stronger society. In this process, the development of unique and innovative solutions tailored to individuals' needs will contribute to strengthening the social structure and ensuring access to better healthcare services. Furthermore, such innovative and unconventional solutions have the potential to make important contributions to ensuring fairness and equality in healthcare services. Therefore, supporting interdisciplinary studies and ensuring that research results reach wider audiences is of great importance. An interdisciplinary approach will enable experts from different fields to collaborate, allowing for more comprehensive and effective results. In this way, bringing multidisciplinary teams together will help both innovative and creative ideas emerge and social problems to be addressed in a more fundamental way. Furthermore, these approaches will constitute an important turning point in terms of social change and development by considering not only individuals' physical health but also their psychological and sociocultural health. In this context, developing approaches that are sensitive and appropriate to the realities of individuals and communities in the formulation and implementation of health policies can lead to effective results. Considering that each individual has unique characteristics, it is imperative to take these details into account in order to provide more inclusive and effective healthcare services. Therefore, developing creative solutions with analytical thinking skills can significantly contribute to the transformation of the healthcare system.

CONCLUSION

Comprehensive research and applications in the field of reproductive and perinatal psychology have made important contributions to deepening the knowledge base in this area and have enabled the broad perspective provided by an interdisciplinary approach to be clearly demonstrated. Scientific studies in this field not only offer significant opportunities but also provide substantial potential for developing highly effective interventions aimed at protecting the psychological health of parents. The process, which begins in the pre-pregnancy period, covers a broad time frame extending through the prenatal and postnatal stages; the importance of this process provides a great opportunity for parents to overcome the emotional and psychological difficulties they experience. Parents have the chance to become better equipped to deal with the various challenges they encounter during this process, which enables them to feel stronger.

Furthermore, the information provided to better understand family dynamics during these processes helps parents manage their psychological state more effectively and cope with stress in a more efficient and healthy manner. Learning ways to cope with emotional difficulties is considered an important step that will improve families' quality of life and ensure the fulfilment of the time they spend together. At this point, always taking cultural and ethical elements into account contributes to the adaptation of practices to social differences

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and thus increases their effectiveness. The development of clinical assessment tools is of great importance in the early diagnosis of potential risk factors and the most accurate planning of appropriate interventions. Therefore, in this context, the integration of multidisciplinary teams and family-centred approaches not only increase the effectiveness of psychological support processes but also contribute significantly to improving the overall quality of life of families. Furthermore, bringing such teams together enables the creation and implementation of stronger support systems for parents. From a future perspective, it is anticipated that technological developments, along with the integration of innovative psychosocial programmes into this field, will significantly accelerate the advancement of reproductive and perinatal psychology. Such innovations enable a better understanding of the difficulties experienced by parents and provide them with support; thus, facilitating their access to the resources they need and, consequently, helping them to relieve their psychological burden. In addition, increasing education and awareness efforts will help to emphasise the importance of psychological health much more, both in clinical practice and in society at large. In light of all these important developments, reproductive and perinatal psychology will continue to contribute to supporting healthy birth and motherhood experiences at both the individual and societal levels. In this context, the aim is to minimise the psychosocial risks families may encounter at the beginning of their life cycle and to promote sustainable healthy development.

Furthermore, there is now a widespread understanding that parents need to be supported and empowered in the face of the responsibilities and challenges that parenthood brings. This understanding paves the way for the development of more acceptable and effective solutions by taking into account the different demands and needs of all sections of society. Furthermore, collaboration with other disciplines is crucial in providing the necessary infrastructure for understanding cultural differences, thereby fostering a more pluralistic and inclusive approach. Over time, these processes play an important role in helping families overcome the challenges they face and supporting children's healthy development. These various developments in the field of reproductive and perinatal psychology aim to help parents overcome the emotional and psychological difficulties they experience and contribute to the creation of a more robust family structure. Furthermore, steps taken in this area across society aim to improve the quality of life for individuals and families. Steps taken towards these goals are of great importance in terms of strengthening social support, raising awareness and supporting psychological health. Efforts to protect parents' mental health and increase their psychological resilience pave the way for positive changes in public health and lay the groundwork for raising healthy generations. At this point, ensuring that all the necessary conditions are in place for every baby and child to have a healthy start will have a major impact on their future development.

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