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*Hine Tu Hine Ora Evaluation for Perinatal Anxiety and  
Depression Aotearoa*

The aim of this research is to assess the effectiveness of the Hine Tu Hine Ora programme for practitioners. We have the following objectives: (1) To create a written description of the Hine Tu Hine Ora programme and link this to existing literature; (2) To identify any strengths and any gaps in practitioner knowledge following the seminar; (3) To identify the applicability of the resources and knowledge gained by practitioners attending the seminar; (4) To discover if the program has value to practitioners as a basis for funding to continue the seminars. Perinatal Anxiety and Depression Aotearoa (PADA) is a not-for-profit organisation that provides education programmes for health-care practitioners working with mothers and their families during the perinatal period. Hine Tu Hine Ora is a programme facilitated by PADA that specifically assists practitioners to support Māori women and their whānau from a Kaupapa Māori perspective. It aspires to provide a culturally safe space for health workers to be able to expand their knowledge on the use of Mātauranga Māori.

*Outputs: Full technical  
report complete for  
Psych513*



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