

Sample Literature Review Outline

- I. Introduction
- II. Mindfulness
- III. Childbirth As a Predictor for Postpartum Mood Disorders/ Risk Factors of Childbirth
- IV. Treatment Strategies for Postpartum Mood Disorders
 - a. Mindfulness
- V. Gap in Literature
 - a. Accessibility
 - i. Historically, mindfulness has not been reimbursable under insurance, which impacts accessibility.
 - ii. Mortality rates are higher in communities with lower SES
 - iii. Those communities may not have access to mindfulness due to challenges with paying for care.
- VI. Proposed Study
 - a. What gaps will it address?