

POSTPARTUM DEPRESSION

Jean Ko, PhD

Division of Reproductive Health

Centers for Disease Control and Prevention

June 22, 2016



Postpartum Depression

- ▶ **Major and minor depression occurring in the postpartum period**
- ▶ **Different from “baby blues”**
 - ▶ **Common in the first 7 – 10 days after childbirth**
 - ▶ **Symptoms such as irritability, insomnia, interpersonal sensitivity**
 - ▶ **Resolve within a few days without intervention**

O'Hara & Segre, 2008; Goodman 2004



Diagnostic and Statistical Manual-V: Depression

- ▶ **≥5 of the following symptoms during same 2-week period**
 - ▶ Depressed mood
 - ▶ Diminished interest or pleasure in activities
 - ▶ Weight loss or gain
 - ▶ Insomnia or hypersomnia
 - ▶ Psychomotor agitation or retardation
 - ▶ Fatigue or loss of energy
 - ▶ Feelings of worthlessness or excessive or inappropriate guilt
 - ▶ Diminished ability to think or concentrate, or indecisiveness
 - ▶ Recurrent thoughts of death, suicidal ideation, or suicide attempt
- ▶ **Significant impairment in a person's social, occupational, or other functioning**



DSM-V (<http://psychiatryonline.org/doi/10.1176/appi.books.9781585625031.rh11>)



Burden of Postpartum Depression

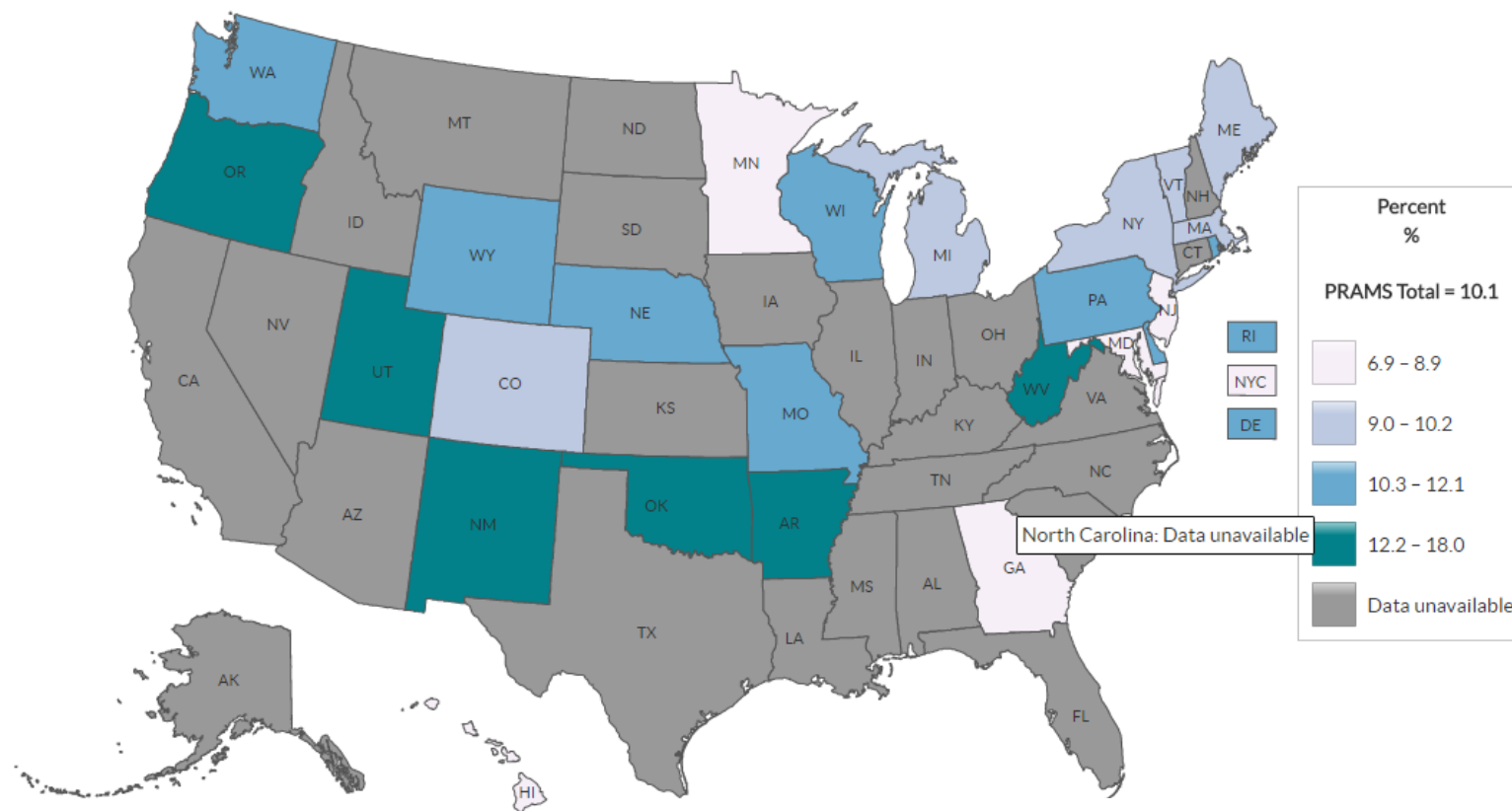
- ▶ **Major and minor depression prevalence: 6.5% to 12.9%** during the first year postpartum
- ▶ **Pregnancy Risk Assessment Monitoring System (PRAMS): 11.9% self-reported postpartum depressive symptoms**



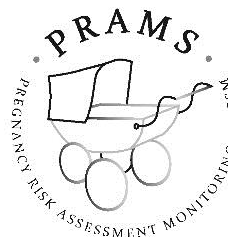
Gaynes et al. 2005; Robbins, 2014



Postpartum Depressive Symptoms, 2011



<http://nccd.cdc.gov/PRAMStat>



Risk Factors for Postpartum Depression

- ▶ **Low social support**
- ▶ **Low income**
- ▶ **Low education**
- ▶ **High stress**
- ▶ **Family or personal history**
 - ▶ **Depression during pregnancy**
 - ▶ **54% of women with postpartum depression had depression diagnosis during or preceding pregnancy**

O'Hara, 2009; Dietz et al., 2007



Impact on Women, Children, and Families

- ▶ **Anxiety**
- ▶ **Substance abuse**
- ▶ **Lower use of effective contraceptive methods**
- ▶ **Suicide**
- ▶ **Low birth weight**
- ▶ **Preterm birth**
- ▶ **Poor maternal-infant attachment**
- ▶ **Altered neonatal, infant, & child health & development**

**Bodnar et al. 2009; Cripe et al. 2011; Flynn & Chermack, 2008;
Forman et al. 2007; Grote et al. 2010; Sohr-Preston & Scaramella, 2006;
Wisner et al. 2009; Barnes 2006; Dennis & McQueen, 2009; Farr et al., 2011; Farr & Bish, 2013; Bitsko et al., 2016**



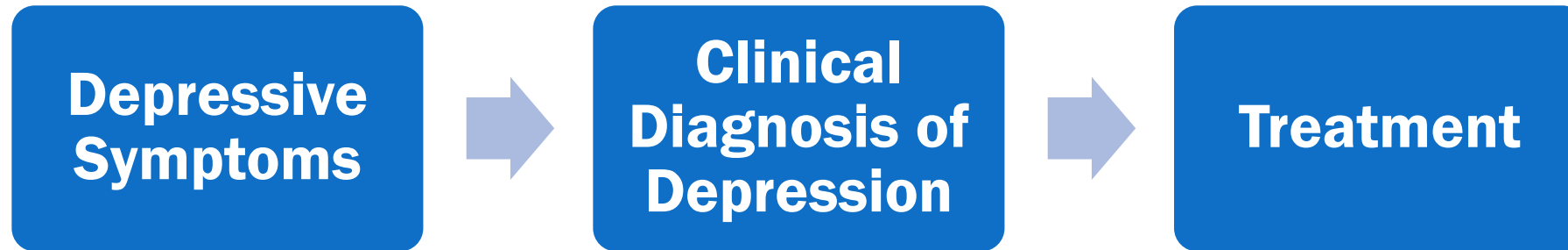
Depression Screening

- ▶ **American College of Obstetricians and Gynecologists (ACOG) and U.S. Preventative Service Task Force guidelines updated in 2015:**
 - ▶ **Recommend screening pregnant and postpartum women for depression**
 - ▶ **Systems should be in place to ensure follow-up for diagnosis and treatment**
- ▶ **Screening alone may not improve treatment rates or depressive symptomology**

Kozhimanill et al., 2011 and Yonkers et al., 2009



Opportunities for Improved Care



**58.8% of women
with depressive
symptomology do
not receive
clinical diagnosis**

**50% of women
with clinical
diagnosis do not
receive treatment
of any kind**

Ko et al., 2012



What systems should be in place?

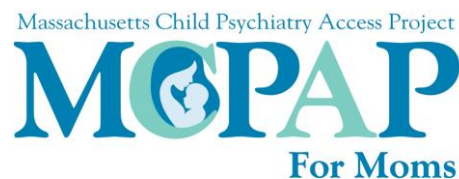
- ▶ **Screening and treatment at a woman's usual site of care**
 - ▶ **Possibly eliminates barriers to diagnosis and treatment**
 - ▶ **3-stepped care approach RCTs demonstrate high screening and lower depressive symptomology**
 - ▶ **Postpartum women in Hong Kong**
 - ▶ **Postpartum women in family medicine clinics**
 - ▶ **Only included 32% of women who screened positive for depression**

Leung et al, 2011; Yawn et al 2012; Melville et al., 2014



PRISM: Program in Support of Moms

- ▶ **University of Massachusetts, Worcester**
 - ▶ 5-year cooperative agreement
- ▶ **12 OB/GYN clinics in Massachusetts**
 - ▶ Academic, private, hospital-affiliated clinics
 - ▶ Randomized to stepped care intervention or enhanced usual care
- ▶ **MCPAP for Moms = Enhanced usual care**
 - ▶ MA Child Psychology Access Project (MCPAP) for Moms
 - ▶ 2013 Massachusetts funded MCPAP for Moms to address perinatal depression



www.mcpapformoms.org

Ongoing CDC Activities

- ▶ **Research and surveillance**
- ▶ **Technical assistance to states**
- ▶ **Bi-weekly news and literature updates**
- ▶ **Find us on the web:**
 - ▶ <http://www.cdc.gov/reproductivehealth/depression/index.htm>
 - ▶ <http://www.cdc.gov/features/maternal-depression/index.html>

