PREVENTING PERINATAL DEPRESSION: LESSONS LEARNED FROM MEXICO, SPAIN, AND THE UNITED STATES

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Overview

• Perinatal depression: An international public health issue

• The Mothers and Babies Course: An evidence-based approach to preventing perinatal depression:
  • USA (Le)
  • Spain (Rodriguez)
  • Internet (Barrera)
  • Mexico (Lara)

• Conclusions and Lessons learned

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Technology use among perinatal women

- Pregnant women are using technology
- Text messaging programs for depressed mothers are acceptable, feasible, and low cost
- In a global sample of pregnant women and new mothers, access to the Internet at home and through mobile device was reported in approximately 45%
- Internet Interventions demonstrate treatment effects and show potential for prevention effects
Methods and Procedures

Recruitment
Eligibility [Female, 18+, pregnant, site for self]
Baseline
Randomization eMB Course OR Info Brochure
6-month postpartum follow-up

Demo; Pregnancy; CES-D; MDE (current/life)

Pregnancy; CES-D or EPDS; MDE (12/24 wk)

Prototype tool for detecting and treating depression during pregnancy

Embarazada y triste
embarazosaludable.ucsf.edu
Estudio gratis de Univ de Calif
Para lidiar con el estado de ánimo

Pregnancy and sadness
healthypregnancy.ucsf.edu
Join free Univ. of California study
Learn skills to cope with your mood
Participant Characteristics \((N=111)\)

Mean Age = 30.2 years (SD=5.6)  
Mean gestation = 20 wks (SD=10.4)  
56.8% Married  
53.2% First pregnancy  
86.6% Some college or more  
17.1% prior MDE history

**Countries (%):**
- Chile: 23.3%
- Spain: 18.9%
- Argentina: 16.2%
- Mexico: 11.7%
- Colombia: 10.8%
- United States: 6.3%
- Peru: 5.4%
- U.K.: 4.5%
- Paraguay: 4.5%
- Uruguay: 3.6%
- All other: 2.7%

**Racial Decent (%):**
- Latina/Hispanic: 71.3%
- Spanish-speaking: 82.9%
Results

• Both conditions were rated as helpful, useful, and understandable.

• No condition effects for reducing the risk for PPD.

• However, among women assigned to the MB Internet Intervention:
  • Those with elevated prenatal depressive symptoms (CES-D>24) demonstrated a 45.4% lower risk for PPD relative to women with low prenatal depressive symptoms (CES-D<16).
  • Reported a higher probability of reporting an EPDS ≤9 during the 6-month follow-up
Summary

- Perinatal women are interested in and use technology.

- Technology-based tools can
  - Be effective for pregnant women at greatest risk for PPD
  - Reach underserved and diverse communities of women

- To increase engagement, future interventions need to be adapted to how perinatal women use technology
THANK YOU
GRACIAS

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