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
The Mothers and Babies Course: A Preventive Intervention of Perinatal Depression for Low-income Women in the United States

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The “Gerber Myth”...
Perinatal Depression

• Major depression is a leading cause of disability worldwide
  • Highest risk for first episode of major depression is during childbearing years
• Perinatal: period between pregnancy and the first year postpartum.
Global rates of Postpartum Depression
Edinburgh Postnatal Depression Scale (EPDS cut-off)
- 4 weeks to 18 months

Norhayati, Hazlina, Asreneen, & Emilin (2015)
Risk Factors for Perinatal Depression

• Previous history of psychopathology
• Low social support
• Marital dissatisfaction
• Stressful life events
• Obstetrics complications
• Single
• Low-income
• Unplanned pregnancy
Consequences of Perinatal Depression

Prenatal Depression

- **Birth complications**
  - Increased risk for premature delivery (<37 weeks gestation)
  - Low birthweight
    - Higher in LMICs than HICs (except low SES groups)
- **Weight**
  - Underweight & stunting in infancy & childhood (LMICs)
  - Overweight (HICs)
- **Increased risk of child emotional problems**

Postnatal Depression

- **Mothers’ well-being**
  - Decreased Maternal Self-Efficacy
- **Fathers’ well-being**
  - Increased depression & marital stress
  - Increased concern of infants
- **Infant development**
  - Emotion dysregulation
  - Cognitive and language delays
  - Increased risk for psychopathology
- **Mother-infant interaction**
  - Mothers: understimulating or overstimulating
  - Infants: Less responsive, more gaze avoidant, more distress

Lancet 2014
LMICs = low middle income countries; HICs = High income countries
The Mothers and Babies Course: A prevention model

- **Goal**: Reduce the onset of major depressive episodes by teaching women mood regulation skills and education regarding parenting and child development
- Cognitive-Behavioral Therapy
- Women at risk for developing clinical depression
The Mothers and Babies Course

Promote parent-infant bonding using cognitive-behavioral strategies
Summary

- The MB course shows promise as an intervention for women at risk for perinatal mood issues.
- Spanish and English intervention materials have been developed that can be delivered in different settings (hospitals, home visiting) & dosages (6, 8, or 12 sessions).
- Other studies are currently ongoing to evaluate applications in the other settings and communities.
THANK YOU
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