

## **P-993 - PREVALENCE AND RISK FACTORS FOR ANTENATAL DEPRESSION IN PREGNANT WOMEN ATTENDING NATIONAL UNIVERSITY HOSPITAL, SINGAPORE**

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**Introduction:** Antenatal mental health problems are well recognised to impact negatively on a woman and her developing fetus, influencing both the pregnancy outcome and quality of life. There is limited information on prevalence and risk factors of antenatal depression in Singaporean women.

**Objectives:** To examine the prevalence of depressive disorders in pregnant women attending Singapore's National University Hospital (NUH) and the association between these conditions and socio-demographic factors.

**Aims:** To improve our knowledge and understanding of the epidemiology of antenatal depressive disorders in Singapore.

**Methods:** Pregnant women attending NUH (2009 to 2010) were screened for depressive symptoms using the Edinburgh Postnatal Depression Scale. Patients who screened positive (scores > 13) were clinically assessed by trained clinicians using DSM IV criteria for diagnosis. The cases were then discussed with a core group of 3 psychiatrists to reduce interrater variability.

**Results:** From 530 screened women, the overall prevalence of antenatal depressive symptoms was 47.8% (EPDS > 13). 12.5% of patients were diagnosed with Major Depressive Disorder, 52.1% with Adjustment Disorder, 4.5% with Anxiety Spectrum illness (Panic Disorder, GAD, OCD, PTSD), 1.1% with Bipolar Disorder and 3.8% with Other diagnoses.

After adjustment with socio-demographic variables, depressive symptoms were significantly associated with single, divorced or separated pregnant women (OR=4.09, 95% CI=1.39-12.09,  $p < 0.05$ ) and those with three or more social relationship problems (OR=1.68, 95% CI=1.00-2.84,  $p < 0.05$ ).

**Conclusions:** Antenatal depressive symptoms are common in Singaporean women and they are associated with identifiable risk factors such as single status and limited social support.