

## P-992 - SMOKING DURING PREGNANCY AND POSTNATAL PERIOD AND POSTPARTUM DEPRESSION

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**Introduction:** Substance use in pregnancy is an increasingly common problem and has become an important public health issue. Postpartum depression has a high prevalence (10%) of women in Spanish population.

**Objective/aim:** To study the impact of perinatal tobacco use in postpartum depression.

**Methods:** A cohort study of 1804 puerperal Spanish Caucasian women of general population. Variables collected: socio-demographic, obstetric, personal and family psychiatric history, substance use during pregnancy and 6 months postpartum, depressive symptoms (EPDS) and anxiety traits (STAI) at 2-3 days, 8 weeks and 32 weeks postpartum. Major postpartum depression (MPD) (EPDS>9) were confirmed through a structured interview (DIGS-DSM-IV). The sample was divided in four groups:

- 1) No smoking,
- 2) Smoking postpartum,
- 3) Smoking pregnancy,
- 4) Smoking pregnancy & postpartum.

**Results:** The mean (SD) age was 31.8 (4.6), 46% were primiparous, 96.5% were married and 68% had at least secondary school. Thirty-one per cent had family and 17% personal psychiatric history. Twenty one percent reported tobacco use during pregnancy and 28.2% use tobacco in postpartum. Tobacco use in the four groups and MPD at 8 weeks ( $\chi^2=17.872;df=3;p<0.001$ ) and at 32 weeks postpartum ( $\chi^2=15.582;df=3;p=0.001$ ) were different. Only smoking postpartum group had a risk four times higher of having MPD at 8 weeks postpartum (OR=4.3; 95%CI=1.91-9.66). Others independent variables: personal psychiatry history (OR=2.53; 95%CI=1.55-4.22), family psychiatry history (OR=1.87; 95%CI=1.15-3.06) and anxiety traits (OR=1.12, 95%CI=1.08-1.16). The results at 32 weeks showed the same risk factors.

**Conclusions:** The use of tobacco in postpartum had a considerable impact on mother's psychiatric health.