

PSYCHOSOCIAL RISK FACTORS FOR POSTPARTUM DEPRESSION: A DESCRIPTIVE SAMPLE OF PREGNANTS

R. Testa, S. Chiappini, L. D'Oria, E. Righino, A. Bruschi, F. Di Nardo, G. Oliva, L. Janiri

Catholic University of Sacred Heart, Gemelli General Hospital, Rome, Italy

Introduction: Postpartum Depression (PPD) is a common problem connected to pregnancy. Related previous data showed a prevalence of depressive symptoms between 8% and 51% and a prevalence of Major Depressive Disorder between 10% and 17%.

Objectives: Find a correlation between Psychosocial Risk Factors and the develop of Mood Disorders during pregnancy and post-delivery.

Aims: Develop strategies of prevention and treatment of PPD.

Methods: A population of pregnant has been analyzed, proposing an anamnestic questionnaire, the Edinburgh Postnatal Depression Scale (EPDS) and the Hypomania checklist Symptoms (HCL-32), in two times: between the 35th and the 37th week of pregnancy and 2-3 days after the delivery.

Results: We found that at the first survey were depressed (EPDS score >9) 21 women of 149 (14.1%) and hyperthymic (HCL score >14) 59 women of 149 (39.9%). We noticed that risk factors for depression were a complicated pregnancy ($p=0.004$), a conflicting relationship with the partner ($p=0.009$) and a permanence in Italy < 6 months ($p< 0.001$). An history of illnesses during the pregnancy ($p=0.042$) and previous psychological problems ($p=0.049$) were correlated to an hyperthymic state. At the second survey, data were confirmed: the incidence of depression was 17,4% (12 /69 women) and that of hyperthymia was 44% (30/69 women).

Conclusions: Our data confirm previous evidences about the incidence of PPD and the contribution of risk factors of the pregnancy in its pathogenesis; moreover, high scores at HCL can express an hyperthymic dimension peculiar of pregnancy, rather than a mood disorder, considering HCL as a dimensional assessment.