

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

Prevention of Perinatal Depression: Current Status in Mexico

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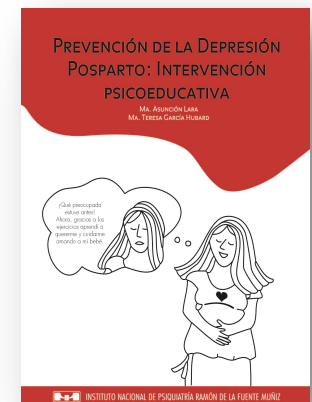
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Characteristics of the intervention

Components

- 1) **Educational:** includes the *normal* perinatal period and risk factors for PPD
- 2) **Psychological:** aimed at reducing depressive symptoms, positive thinking and pleasant activities; improving self-esteem, increasing self-care
- 3) **Group:** involves the creation of an atmosphere of trust and support relying on the facilitators' skills.

RCT of Psychoeducational Intervention to prevent PPD in pregnant women at risk of depression (CES-D >16, or presenting risk factors for depression



Sample

366 pregnant women randomized:

270 Intervention & 127 TU

68 Intervention & 68 TU
assessed at 6 months PP

Age: $X = 27.05$ (SD= 5.91)

Education: $X = 11.67$ (SD=3.3)

Income: 47.3% low income

Marital status: 86% w/partner



Primary care



Women's Clinic



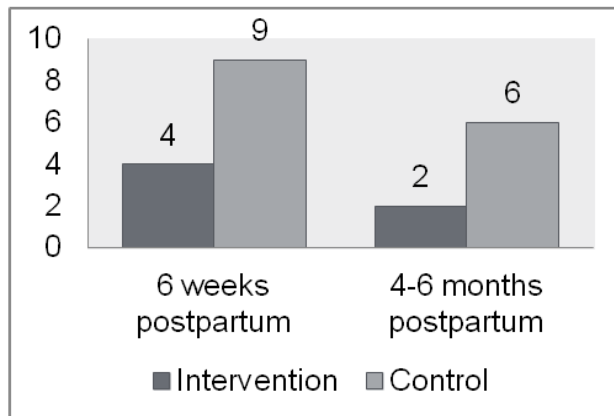
Hospital
High risk pregnancies

Results

Mother's subjective evaluation

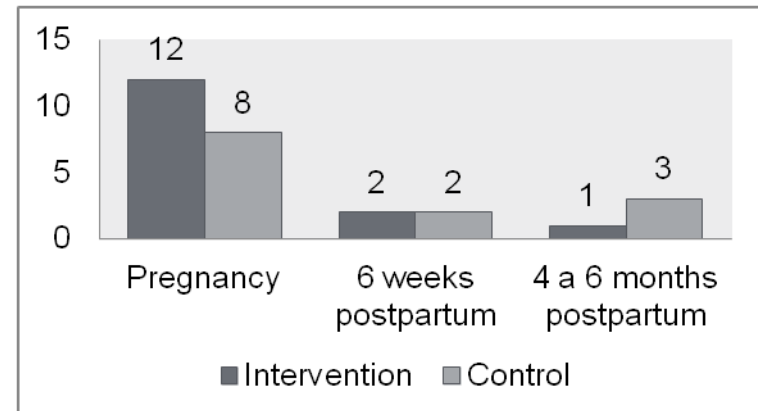
- ✓ They understood their problems better
- ✓ It changed the way they thought about things
- ✓ They were more accepting of themselves
- ✓ Could accept/love her baby, which she initially rejected
- ✓ Could be a better mother

Changes in number of new cases of depression (SCID) by condition



$\chi^2 = 5.35; p < .05$

Changes in prevalence of depression (SCID) by condition



$Z = 1.59; p < .05$

Summary

- This is the first study designed to prevent postnatal depression in high-risk pregnant Mexican women.
- The results are compatible with a preventive effect.
- Attrition was the main limitation, particularly in women with low risk of depression
- This type of interventions can potentially improve the lives of mothers and infants.

Conclusions and lessons learned:

There is no perinatal health without mental health

- Perinatal depression is a significant public health issue.
- Women are in more frequent contact with health services during the perinatal period - represents an opportunity for education, screening, prevention and treatment of perinatal depression.
- Psychoeducational interventions (e.g., the MB course) can be adapted for different populations, settings, and modalities.
- Opportunities for national, international, and cross-disciplinary collaborations.

THANK YOU
GRACIAS



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