

# 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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Funding: Maternal and Child Health Bureau R40 MC02497 & R40 MC17179.

# The “Gerber Myth” ...



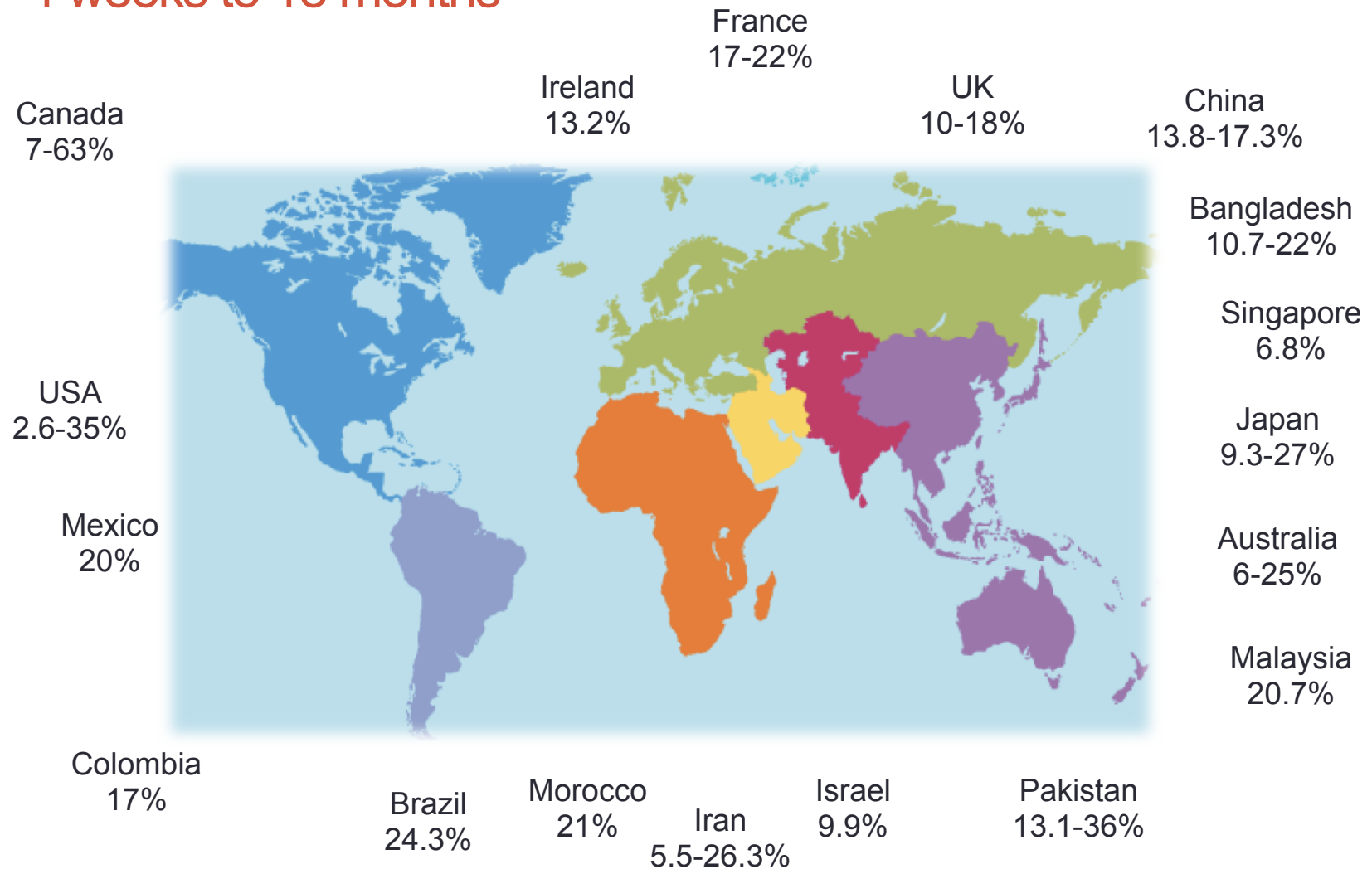
# Perinatal Depression

- 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, Asrenee, & 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

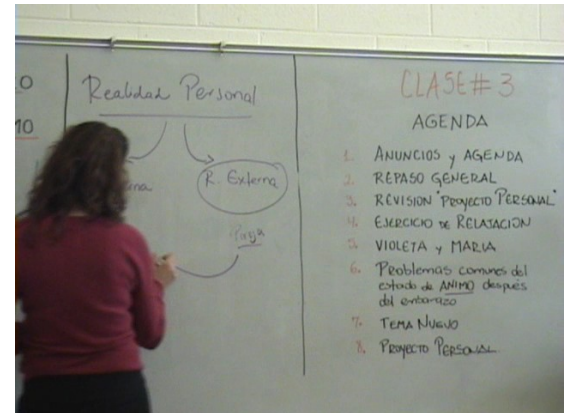
LMICs = low middle income countries; HICs = High income countries





# 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*

## MY PERSONAL REALITY

**Internal Reality**  
*(In your mind)*

**External Reality**  
*(In the world)*

Thoughts

Activities

**Alone**

**With  
Others**

Mood



*Promote parent-infant bonding using cognitive-behavioral strategies*

Mamás y Bebés  
Mothers & Babies Course

Compared to home visiting alone:

- ↓ new cases clinical depression (15% vs. 32% control group)
- ↓ depressive symptoms
- ↑ improved mood regulation

14% new cases  
clinical depression  
vs. 25% new  
cases for control  
group

↓ reports of  
moderate  
depressive  
symptoms

San Francisco:  
12-weeks OB/GYN  
clinic

Washington, DC:  
8-weeks prenatal  
clinic

Baltimore, MD:  
6-weeks home  
visiting



# 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 GRACIAS



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