

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

Feasibility of Integrating Screening and Prevention of Perinatal Depression in Spain

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San Carlos Clinic Hospital

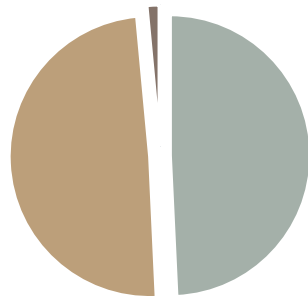
- One of 4 largest public hospitals in Madrid.
- Obstetrics department
 - 7,000 women
 - 1,900 births per year
- Staff recognize the importance of perinatal depression and need for screening and prevention.
- Evaluated 8-week MB course.



Sample

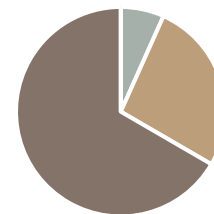
- 449 pregnant women completed the PHQ-9 (M = 4.71, SD =4.04)
- 43 (9.6%) women met high risk criteria (PHQ-9 scores=10-14) and were invited to participate in the MB course.
- 15 women participated in three cohorts
- 80% Europe (70% Spain)
- 20% Latinas
- Average age 34.8 years (Min=28, Max=42)
- Middle class

Work status



■ Working ■ Unemployed ■ Housewife

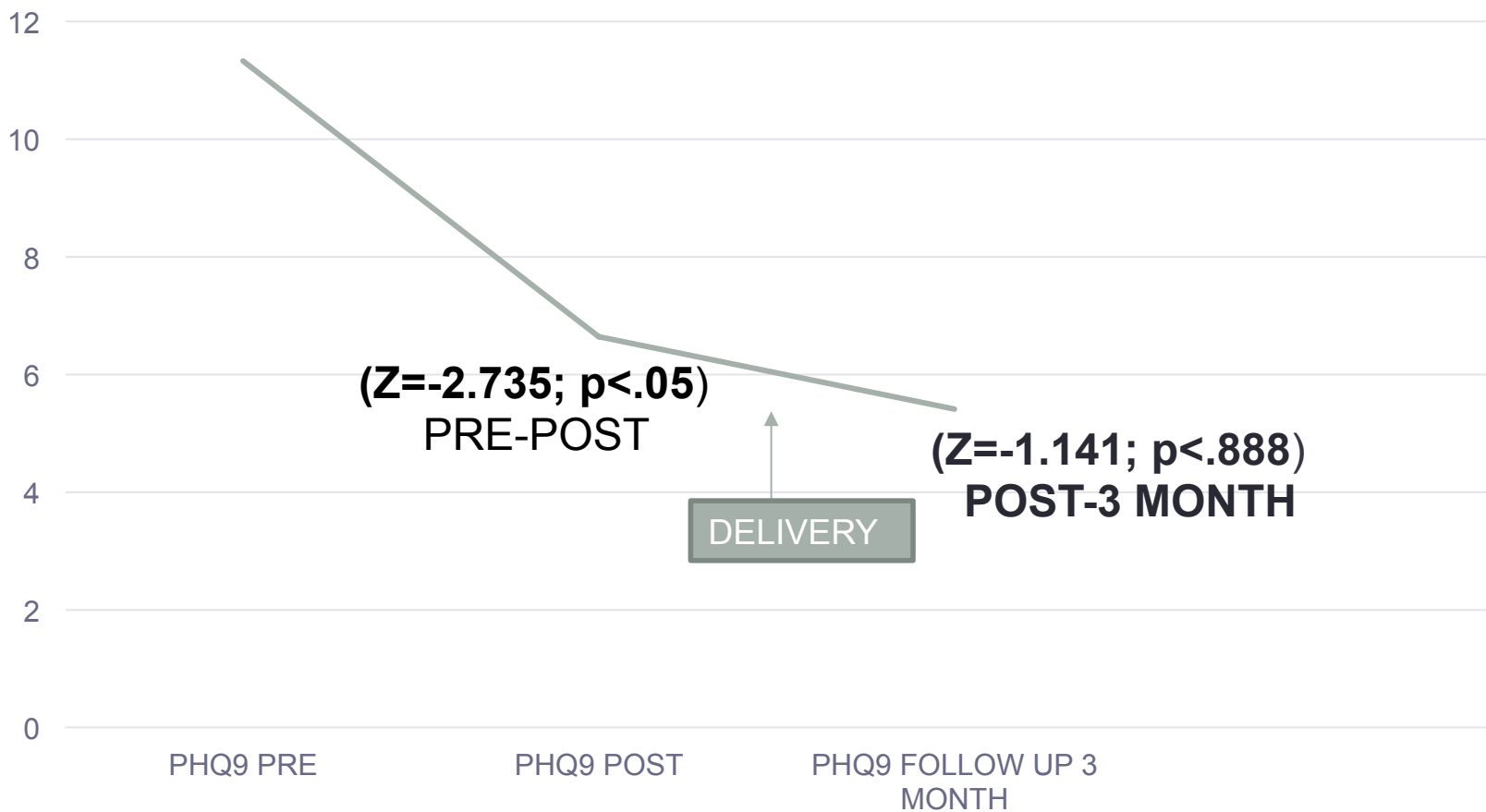
Education



■ Primary studies

■ Secondary Studies

Effectiveness of the MB Course in Spain



Summary

- **The MB Course shows promise in Spain in a middle income sample**
- As a result of taking the course, women report:
 - Improved understanding of motherhood
 - Became more aware of their feelings after delivery
 - Improved relationships with their family.
 - Improved ways of managing their mood.
 - “WhatsApp” technology as ongoing support.
- Future directions:
 - Involve the fathers
 - Longitudinal studies



THANK YOU
GRACIAS



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