

P-1002 - POST PARTUM DEPRESSION: RISK FACTORS AND TREATMENT OPTIONS

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Introduction: Post partum depression (PPD) is a serious complication of childbearing, affecting 1 in 8 women worldwide. It is an under-diagnosed condition and has consequences on the mother-infant bond and the social and emotional development of the child.

Objective and aims: To present the risk factors that can lead to post partum depression and explore the various treatment options.

Methods: Review of the current literature.

Results: Risk factors that contribute to the genesis of postnatal depression can be categorized into five categories:

- 1) individual characteristics,
- 2) characteristics of the partner,
- 3) pregnancy related,
- 4) infant related and
- 5) others, such as culture, financial difficulties and lack of social support. Diagnosis is based on the DSM-IV criteria for major depressive episodes and the Edinburgh Postpartum Depression Scale. Treatment options include pharmacological treatment with antidepressants or hormone therapy, psychological and psychosocial treatments, electroconvulsive therapy (ECT), bright light therapy and alternative methods such as acupuncture. Guidelines suggest non pharmacological treatment as first choice for mild-to-moderate PPD and pharmacological treatment and ECT for severe and resistant cases.

Conclusions: All the mentioned treatments are effective in reducing depression symptoms, however the use of antidepressants causes side effects from the infant via breastfeeding, and hormone therapy with estrogen has well-known long-term perils. Psychotherapy methods are usually preferred. High risk women must be detected early by primary health care professionals using screening tools.