

Introduction

In postpartum women, is increased peer support effective in decreasing postpartum depression (PPD) in comparison to usual care?

Background and Significance

- Postpartum depression is a major depressive disorder that affects one in nine women in the first year of birth (Ko et al., 2017).
- associated with poor maternal-child outcomes including decreased breastfeeding duration and poor mother-infant bonding.
- Social support in the postpartum period has been correlated with decreased postpartum depression symptoms (Vaezi et al, 2018)

Methods

Systematic review of the literature based on inclusion and exclusion criteria

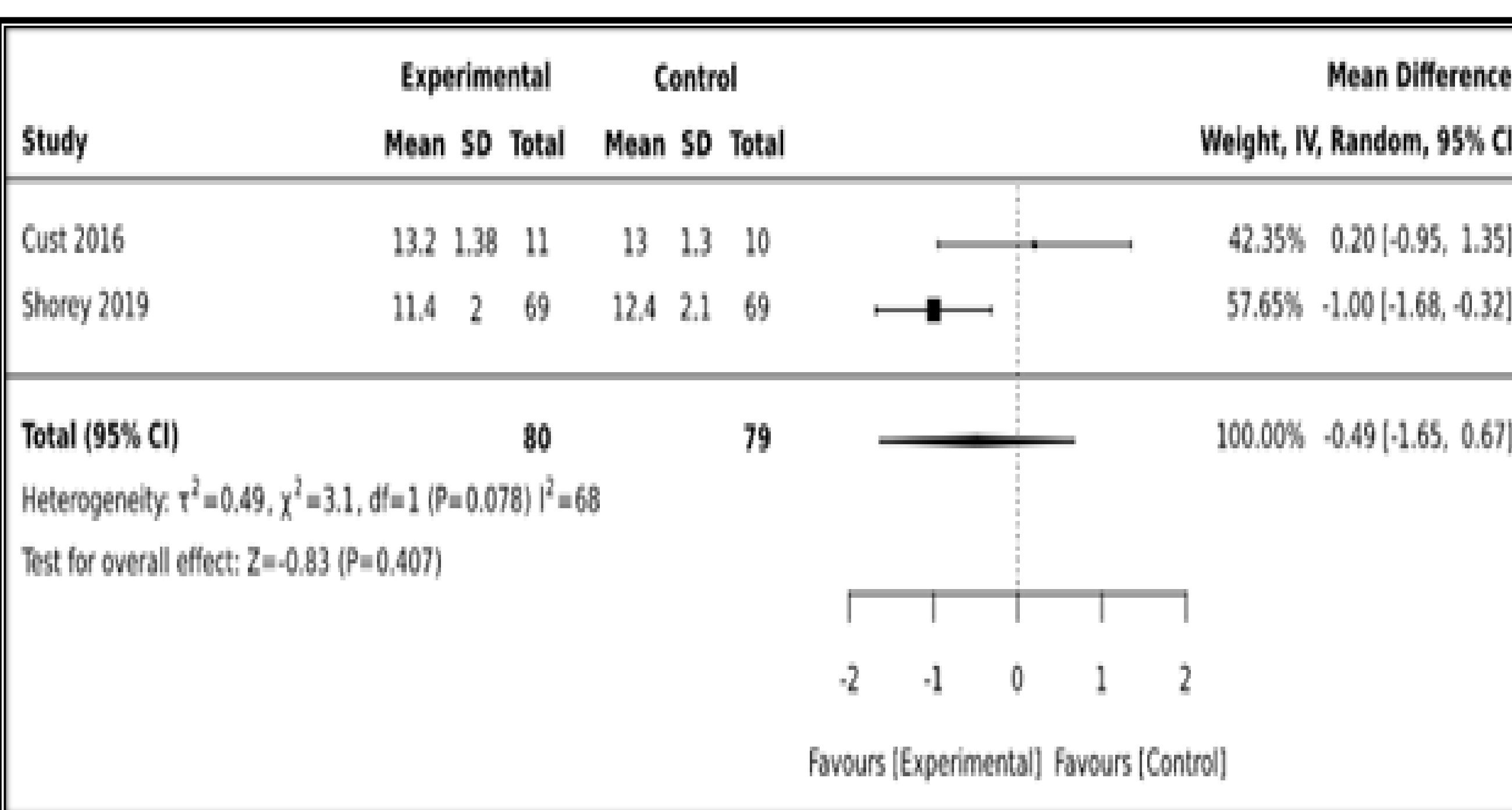
Inclusion criteria:

- 18 yr. or older females
- Gave birth in last 12 months
- Diagnosed PPD using Edinburgh Postnatal Depression Scale (EPDS)
- Peer support intervention
- Experimental studies from 2013 to present
- English language and full text studies

Assessment of Methodological Quality:

2-person review of studies using JBI Sumari critical appraisal tools, followed by data extraction and synthesis.

Results



Peer Support is effective in decreasing or preventing postpartum depression



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Discussion

Conclusions

No significance in the meta-analysis, but clinical significance in the narrative summary of the other 4 articles. The meta-analysis was underpowered due to small sample, therefore, there need to be more studies on the topic. Peer support can still be recommended based on the narrative findings.

Implications

- *Economic:*
 - Reduced or eliminate financial impact associated with depression, ineffective maternal-infant bonding and formula feeding instead of breastfeeding
- *Patent Care:*
 - More research related to the topic may inform best practice in the future
 - Results from the systematic review can be implemented in all practice settings that screen women for PPD using the EPDS
- *Policy*
 - Supports the goal of increasing the number of women who are screened for PPD, which is an objective of Healthy People 2030
- *Practice*
 - Patients identified with PPD can be referred to virtual or in-person peer support services either in the community or developed and implemented in the practice setting.