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LIFE EVENTS AND SOCIAL SUPPORT DURING PREGNANCY: ARE THEY RELATED TO DEPRESSIVE SYMPTOMS IN IMMEDIATE POSTPARTUM?

L. Rodríguez Incio¹, E. Gelabert², M. Udina Bonet¹, K. Langohr², P. Navarro García¹, R. Navines de la Cruz², L. García-Esteve¹, R. Martín-Santos Laffon¹

¹Neurosciences Institute, Hospital Clinic de Barcelona, ²Neuropsychopharmacology Program, IMIM - Hospital del Mar, Barcelona, Spain

Introduction: Pregnancy and postpartum both imply high risk for developing psychiatric disorders in women.

Aims: To study the relationship between life events (LE) and social support degree (SS) during pregnancy and depressive symptoms in early postpartum period.

Method: A cross-sectional study of 309 consecutive Spanish women, evaluated the second day postpartum. They were all over 18 years old and have signed the informed consent. We excluded: illiteracy, cognitive impairment or severe medical illness, psychiatric disorders during pregnancy and decease of the newborn. We collected socio-demographic and obstetrical data, as well as family and personal psychiatric history, the Edinburgh Postnatal Depression Scale (EPDS), LE (Saint Paul Ramsey) and SS (DUKE-UNK).

Results: Mean age (SD) was 31.6 (4.7). Most of women were married, had intermediated or high level of education. Sixty-one percent were primiparous. Twenty-six percent had family history and 22% had personal psychiatric history. Mean (SD) of LE was 0.95 (0.89) and of SS was 53.1 (7.6). The prevalence of depressive symptoms according to EPDS scores was 18%. This subgroup of depressed women had more psychiatric family history ($p=0.046$), less LE ($p< 0.001$) and more SS during pregnancy ($p=0.048$). Logistic regression analysis showed that SS was the only significant variable (OR=1.085; 95%CI=0.997-0.994; $p=0.001$). LE did not achieve statistical significance (OR=1.085; 95%CI=0.997-1.180; $p=0.059$).

Conclusions: Low social support degree during pregnancy is associated with depressive symptoms during immediate postpartum. This study has been done in part with grants Instituto Carlos III: G03/184, FIS: PI04178; 05/2565.