

Abstracts from the COST Action Riseup-PPD Second International Conference

Knowledge and implementation gaps in peripartum depression: innovation
and future directions

To cite this article: (2023) Abstracts from the COST Action Riseup-PPD Second International Conference, Journal of Psychosomatic Obstetrics & Gynecology, 44:sup1, 2257061, DOI: [10.1080/0167482X.2023.2257061](https://doi.org/10.1080/0167482X.2023.2257061)

To link to this article: <https://doi.org/10.1080/0167482X.2023.2257061>



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Published online: 19 Oct 2023.



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RISEUP-PPD

Research Network
in PeriPartum
Depression Disorder

Abstracts from the COST Action Riseup-PPD Second International Conference

Knowledge and implementation gaps in peripartum depression: innovation and future directions

Research Innovation and Sustainable Pan-European Network in Peripartum
Depression Disorder (Riseup-PPD)

Second International Conference

University of Sofia, Sofia, Bulgaria

21st–22nd September 2023

CONFERENCE PROCEEDINGS



Funded by
the European Union



RISEUP-PPD



J. Dubreucq^a, A. M. Kamperman^b, N. Al-Maach^b, W. M. Bramer^c, F. Pacheco^d, A. Ganho-Ávila^d and M. P. Lambregtse-van den Berg^b

^aChild & Adolescent Psychiatry, Institute of Cognitive Neuroscience (CNRS 5229), University Lyon 1 & University Hospital Saint Etienne, Saint Etienne, France; ^bDepartment of Child and Adolescent Psychiatry, Erasmus MC, Rotterdam, Netherlands; ^cMedical Library, Erasmus MC, Rotterdam, The Netherlands; ^dFaculty of Psychology and Educational Sciences, Center for Research in Neuropsychology and Cognitive Behavioral Intervention, University of Coimbra, Coimbra, Portugal

Presenting Author: Julien Dubreucq

Background: Complementary and alternative therapies (CATs) refer to a diverse range of approaches that can be used as add-on or an alternative to conventional therapies. While a number of individual studies and systematic reviews or meta-analyses have investigated the effectiveness of specific types of complementary and alternative therapies (CATs) to treat depressive symptoms at specific moments of the perinatal period, an overarching synthesis of the literature is currently lacking.

Objective: The aim of this umbrella review was to assess to which extent CATs are associated with depressive symptoms reduction during pregnancy or after childbirth.

Methods: We searched a broad set of electronic databases and included systematic reviews with or without meta-analyses meeting the following criteria: (i) the review should focus mostly on individual studies reporting a randomized controlled design; (ii) diagnosis should be made during pregnancy or during the postpartum and women were classified as depressed according to diagnostic criteria through a clinical interview according to DSM or ICD or symptoms severity using a validated instrument to assess PPD symptoms; (iii) the reviewed intervention should start during pregnancy or in the first postpartum year and meet the criteria for being considered as CAT. The main outcome was depressive symptoms reduction during pregnancy or after childbirth. Meta-analyses were performed using the data from the individual RCT studies.

Results: The narrative review, the results of the meta-analyses and a gradation of the existing evidence will be presented.

Discussion: The contribution of this umbrella review to the current knowledge on treatment options for PPD (for clinical practice and research) will be presented.

KEYWORDS: Umbrella review; complementary and alternative treatment; peripartum depression

^aFaculty of Psychology, Universidad Nacional de Educacion a Distancia, Madrid, Spain; ^bDepartment of Psychology, Catholic University of Croatia, Zagreb, Croatia; ^cResearch Center for Sustainable Development and Innovation, "Beder" University College, Tirana, Albania; ^dPsychological Medicine Department, Faculty of Medicine, University of Coimbra, Coimbra, Portugal; ^eCenter for Philosophical and Humanistic Studies, Catholic University of Portugal, Portugal; ^fCenter for Research in Neuropsychology and Cognitive and Behavioral Intervention, Faculty of Psychology and Educational Sciences, University of Coimbra, Coimbra, Portugal; ^gNursing Department, Health Sciences Faculty, Ondokuz Mayıs University, Samsun, Turkey; ^hColumbia University Medical Center, Teachers College, Columbia University, New York, USA; ⁱDivision of Developmental Psychology and Psychopathology, Institute of Psychology, Faculty of Social Sciences, University of Gdańsk, Gdańsk, Poland; ^jInstitute of Psychology, Department of the Social Sciences, University of Gdańsk, Gdańsk, Poland; ^kBehavioral Science Institute (BSI), Radboud University, Nijmegen, Netherlands

Presenting Author: Maria de la Fé Rodríguez-Muñoz

Background: Peripartum depression is a high prevalent mental health problem with serious consequences. Evidence about effective psychological interventions in treating perinatal depression has been increasing, but it lacks a comprehensive synthesis of findings focused on the effectiveness of the third-wave cognitive behavioral therapies approach.

Objectives: The aim of this systematic review was to assess the effectiveness of Third Wave psychological interventions in treating peripartum depression.

Methods: A systematic review was conducted. The electronic databases MEDLINE (PubMed), PsycINFO, Web of Science, and Clinical Trials were searched, using a combination of different keywords. Data were independently extracted by two authors and a synthesis of the results was offered. Methodological quality was assessed by three authors, using ROB-2 and MINORS.

Results: Six papers were included and reported, focused on the effectiveness of third wave cognitive behavior interventions in reducing depressive symptoms. Papers included Behavioral intervention ($n = 2$), Mindfulness ($n = 2$), Dialectical Behavior Therapy ($n = 1$), and Acceptance and Commitment Therapy ($n = 1$).

Discussion: This systematic review showed that third wave cognitive behavior interventions are promising in effectiveness to reduce depression symptoms in peripartum women. However, more high-quality studies with extended follow-up periods are needed.

KEYWORDS: CBT; third-wave; mindfulness; effectiveness; peripartum depression

Presentation 5: Effectiveness of the third wave cognitive behavior therapy for peripartum depression treatment – a systematic review

M. F. Rodríguez-Muñoz^a, S. Nakić Radoš^b, A. Uka^c, M. Marques^d, B. R. Maia^e, M. Matos^f, M. Branquinho^f, R. Aydın^g, V. Mahmoodi^h, M. Chrzan-Dętkoⁱ, T. Walczak-Kozłowska^j and I. Liakea^k

SYMPOSIUM 2

Advances in the impact of COVID-19 pandemic on perinatal mental health: update of Riseup-PPD COVID-19 international study

E. Motrico

Universidad Loyola Andalucia, Spain

Corona Virus Disease (COVID-19) is a pandemic declared a public health emergency by the World Health Organization,