



Challenges in Perinatal Mental Health

Desafios em Saúde Mental Perinatal



Results: So far, 5 sessions have been carried out, with an average number of five participants per session. All participants considered that their doubts regarding the topic addressed were adequately answered, 88.3% considered the contents presented were useful. All the interviewed participants recommend attending the group to other women.

Conclusion: The implementation of support groups can be a valid form of integration and support for the challenges and mild symptoms of emotional distress during the parenting path.

Keywords: group, support, perinatal mental health, intervention

POSTER 11 Pregnancy and Drug Addiction: What Approach? [Gravidez e Toxicodependência: Que Abordagem?]

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Abstract

The use of psychoactive substances (PAS) in pregnancy is a risk factor for maternal morbidity, neonatal complications and worsening of the socio-economic and family context. However, the prevalence of PAS use by women of childbearing age has increased in recent decades. In drug-addicted women, pregnancy may represent the threshold for changing patterns of substance use. It is essential to understand the complexity of the psychic, physical and social issues involved, the optimization of the therapeutic approach and the appropriate counseling in pregnancy and postpartum.

Through a narrative review of the literature, it is intended to deepen knowledge about the consumption of PAS in pregnancy, gathering recommendations for appropriate screening and therapeutic management.

Early cessation of consumption is the best strategy at any gestational stage. Pharmacotherapy should not be used, except where necessary, in the approach to the consumption of alcohol, tobacco, opioids and benzodiazepines. In opioid dependence, maintenance treatment with opioid agonist is indicated, contributing to decreased consumption and number of relapses, as well as stabilization of opioid levels in the fetus, avoiding maternal and fetal abstinence syndrome. Pain control in the peripartum period can be challenging. Opioids are the most frequent cause of Neonatal Abstinence Syndrome, whose characteristics and treatment differ with the substance used.

In drug-addicted women, pregnancy carries risks inherent to lifestyle, consumption modalities and effects of PAS on fetal development. Pregnancy, as a vulnerable period, is susceptible to therapeutic intervention and can function as a powerful reason to start or restart treatment.

Keywords: pregnancy, drug addiction, psychoactive substances, additive disorders, neonatal withdrawal syndrome

POSTER 12 Medically assisted procreation: psychological adjustment, sexuality and intimacy in men [Procriação medicamente assistida: ajustamento psicológico, sexualidade e intimidade nos homens]

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Abstract

Objective: The distress of infertility diagnose, and Medically Assisted Procreation (PMA) process are reported to affect different aspects of each partner's personal and the couples life. This research aims to understand psychological adjustment, sexuality and intimacy of a group of Portuguese men with a diagnosis of infertility. More specifically, characterize and explore relations between infertility/PMA and depression, anxiety, sexuality, and intimacy

Design and Method: This quantitative cross-sectional study presents a sample of 53 men, aged between 30 and 45 years. The instruments used were the Sociodemographic and Infertility/PMA Form, the SCREEN-IVF for psychological adjustment, the male version of the Sexual Satisfaction Index (ISS) for sexuality and the Personal Assessment Scale of Intimacy in Relationships (PAIR) for the intimate relationship.

Results: The findings related to psychological adjustment show that anxiety is positively associated with the number of previous children and depression is negatively associated with the same dimension. Regarding sexuality and intimacy, no associations were found between the subscales of the PAIR and the ISS. In both instruments, the results are different from general population data.

Conclusions: In conclusion, data on depression and anxiety correspond, in general, to scientific research published to date. Non-identification of the relationship between sexual satisfaction and intimacy needs to be explored in the future. Results corroborates the complexity of the subject and the need for more research that may serve as basis for the work of the professionals who accompany these men/couples, including the integration of sexologists in the teams.

Keywords: Psychological Adjustment, Sexuality, Intimacy, PMA, Infertility