

NIMH Research on Interventions for Maternal Depression

Overview

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Primary Areas of Research

- **Perinatal depression**
- **Other areas**
 - **SSRI Tx of depressed mothers—effects on children**
 - **Behavioral Tx for depressed mothers—effects on children**
 - **Intervention development**
 - **Barriers to care**
 - **Diverse populations**

Primary Areas of Research: Perinatal Depression

- **Clinical trials**
 - **Pharmaceutical interventions**
 - **Behavioral interventions**
 - **Novel intervention development—Omega-3 fatty acids, calcium supplements, family treatment**
- **Screening and identification**
- **Effect on child development**
- **Barriers to screening and treatment**
- **Training of health care providers to recognize PPD**

Selected Intervention Research Highlights

- **SSRI Rx: Effects on Self-Efficacy and Maternal Role Supplemental Study of Impact on Child Functioning**
- **Reducing Depressive Sx in Low-income Mothers**
- **Treating Depressed Mothers in a Community Clinic**
- **Detection and Treatment of Postpartum Depression**

Opportunities for Research

- **Development of novel treatments**
- **Understanding barriers to treatment**
- **Postpartum psychosis**
- **Pathophysiology, underlying neurobiology**

NIMH - Ongoing Collaborations

- **NIMH/NIDA/NIAAA Program Announcement:**
Women's Mental Health in Pregnancy and the Postpartum Period
 - Clinical course, epidemiological and risk factors research
 - Basic and clinical neuroscience, including model development and new technological tools
 - Pharmacological and behavioral intervention research
 - Services research

NIMH - Ongoing Collaborations

- **Safe Motherhood Interagency Initiative**
 - **Agency for Health Care Quality and Research (AHRQ)**
 - **Health Resources and Services Administration (HRSA)**
 - **Centers for Disease Control and Prevention (CDC)**
 - **Food and Drug Administration (FDA)**
 - **National Institute on Child Health and Human Development (NICHD)**
 - **Substance Abuse and Mental Health Services Administration (SAMHSA)**