

## Psychosocial and psychological interventions effective for postpartum depression

<b>Clinical question</b>	How effective are psychosocial and psychological interventions for postpartum depression?
<b>Bottom line</b>	Compared to usual postpartum care, psychosocial (eg. peer support, non-directive counselling) and psychological (eg. cognitive behavioural therapy, interpersonal psychotherapy) interventions are effective in reducing the symptoms of postpartum depression (NNT=7 range 4 to 20). Trials selecting participants based on a clinical diagnosis of depression were just as effective in decreasing symptomatology as those that enrolled women who met inclusion criteria based on self-reported depressive symptomatology. Although the methodological quality of trials was, in general, not strong, the meta-analysis suggested these interventions were effective.
<b>Caveat</b>	Follow-up was limited to one year postpartum. The long-term benefits are unknown.
<b>Context</b>	Postpartum depression affects approximately 13% of all new mothers. Many women are keen to try treatment options other than medication due to concerns about breast milk transmission or potential side effects.
<b>Cochrane Systematic Review</b>	Dennis C-L and Hodnett E. <b>Psychosocial and psychological interventions for treating postpartum depression</b> . Cochrane Reviews 2007, Issue 4. Art No : CD006116. DOI : 10.1002/14651858. CD006116.pub2. This review contains 9 trials involving 956 participants.
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