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### Effect of COVID on Postpartum Depression (PPD)

Reshma Thomas  
*Rowan University*

Karen Krieg  
*Rowan University*

Joanna Petrides  
*Rowan University*

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# Effect of COVID on Postpartum Depression (PPD)

Reshma Thomas; Karen Krieg, DO, FACOOG; Joanna Petrides, PsyD  
Rowan University School of Osteopathic Medicine, Department of OB/GYN

## BACKGROUND

### PPD

- A major depressive disorder with a specifier of postpartum onset within one month after childbirth
- Rates vary by race, age, and even state

### POSTPARTUM DEPRESSION



### COVID-19 Pandemic

- Started in November 2019
- Ongoing
- Led to mandatory lockdowns and other restrictions

## HYPOTHESIS

COVID significantly impacted the rates of postpartum depression in that higher rates of postpartum depression were present during the COVID pandemic

### PURPOSE

- 1 • To determine if the rates of postpartum depression have changed during COVID
- 2 • To identify differences in characteristics of women with postpartum depression during COVID

### METHODS

- Retrospective chart analysis
- Created 3 groups:
  - Delivery pre-COVID
  - Delivery post-COVID
  - Delivery after COVID with vaccine available
- Edinburgh Postnatal Depression (EPDS) scores  $\geq 12$  = PPD

## RESULTS

### Rates

- 1 • We found that the rate of PPD (7%) did not increase ( $p > 0.05$ )

### Characteristics

- 2 • Increased antidepressant use pre-COVID
- Increased number of pregnancy complications pre-COVID
- Increased number of married patients post-COVID

### IMPACT

- Increase assess and address postpartum issues more specifically with patients during stressful situations
- Target coping strategies for the most at-risk women

### LIMITATIONS

- COVID is still ongoing -> research is ongoing
- Specific populations -> cultural differences