S1-1

The Beyondblue Australian National Postnatal Depression Program 2001–5
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Objective: To evaluate the mental health of women giving birth in Australia and assess the acceptability of a screening and training program to women and health professionals.

Method: Routine screening with training and information to women and health professionals was implemented in 43 health services across Australia.

Results: Over 40,000 women antenatally across Australia participated in a screening program and over 12,000 postnatally; antenatally 8.9% scored >12 on the EPDS and 15.7% overall scored EPDS >9 postnatally. There was a high level of acceptability in the use of the EPDS with 98% health professionals involved wishing to continue its use, and 86% women finding it simple to complete. Information helped women better assess their own situation and was of most use to those with EPDS<13. Most health professionals had good knowledge levels with midwives requesting more support.

Conclusions: Depression is a significant issue antenatally and early intervention essential. There is strong support for the use of routine screening providing training and education is included.

S1-2

Is the Prevalence of Postnatal Depression in Japan Lower than in the West? – A Community Survey in Japan –
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The aim of this study is to find the prevalence of postnatal depression (PND) using a two-stage design, with a screening questionnaire and diagnostic interview in the Japanese community-based sample in order to compare the prevalence rate between the East and the West.

Methods: A total of 108 women recruited at late pregnancy at the maternity clinics. Of the 108 mothers, the author interviewed 47 mothers after 4 weeks postpartum and 35 mothers at 3 months postparum. Psychiatric diagnosis was made using the modified non-patient version of Structured Clinical Interview for DSM-IV (SCID-NP).

Results: Depressive disorder was diagnosed in 4.6% in the first interview and 5.3% in second interview. Using the SCID–NP, 9.6% met DSM–IV criteria for major and minor depressive disorder during 6 months after delivery. This finding has implications for our early figure in the hospital-based samples was significantly lower when compared to the point prevalence rates, measured at 4 weeks postpartum. It is possible this relatively lower prevalence rate of PND in the Japan can be explained by factors inherent to the Asian supportive custom after delivery.