



PSVa Today March 2015

New Studies on PMADs

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PSVa Mission

Help new and expectant mothers and their families overcome anxiety, depression, and other perinatal mood and anxiety disorders (PMADs).

PSVa Vision

Every childbearing woman in Virginia will receive information about perinatal mood and anxiety disorders (PMADs) and have access to help.



Wednesday, March 18

6:30 pm Sip&Shop

7:30 pm Showtime

Arlington Cinema&Drafthouse

2903 Columbia Pike

Arlington VA 22204

[PURCHASE TICKETS](#)

Peer-to-Peer Support Proves Helpful in Fighting Postpartum Depression

A small study published in the Journal of Advanced Nursing shows that peer-to-peer support can help new mothers combat depression. Nurses in New Brunswick, Canada provided telephone support to new mothers; researchers found that depression decreased by nearly half over the course of the study. The researchers found "**that some mothers need only one supportive call**" to see improvement "likely due to reassurance they have someone to call who understands." [READ MORE.](#)

Maternal Depression Starts Before Birth

A large new study looking at timing and severity of symptoms of postpartum depression has confirmed what many reproductive psychiatrists have long noted: **the most severe cases of postpartum depression often have symptom onset during pregnancy.** The study reviewed more than 17,000 records from 19 centers in seven countries and found that women with the most severe symptoms -- suicidal thoughts, panic, frequent crying -- showed signs of depression during pregnancy. The findings of this study could help mothers and doctors better anticipate and treat postpartum depression and may help future research differentiate subtypes of the illness. [READ MORE.](#)

Fertility Treatment May Increase Risk for Postpartum Depression

Dr. Ruta Nonacs (Massachusetts General Hospital, Center for Women's Mental Health) discussed findings of a new study linking fertility treatments and postpartum depression: "In a small study, Italian researchers explored the influence of assisted reproductive technology (ART) on risk for postpartum depression. The number of previous ART cycles emerged as the strongest predictor of PPD. While this study is small and should be repeated in larger populations, it points to the fact that **certain groups of women may be more vulnerable to mood and anxiety disorders in the context of infertility treatment.**" [READ MORE.](#)

PSVa is once again hosting LUNAFEST, a fabulous fundraising film festival of award-winning short films by...for...about women.

Bring a friend...enjoy a night at the movies...shop from local women artisans and vendors! This is a great opportunity to stock up on gifts for upcoming celebrations such as Mother's Day and graduations.

All proceeds benefit PSVa and the Breast Cancer Fund.

Thank you to our sponsors:

Fit4Mom
John Wall, CPA
Salon Bisoux
Bowman Chiropractic
Kevin Love, *Realtor*
Marga Pirizzoli, *Realtor*
Salon Ebru Ellis

Ethnic Minorities May Have Higher Risk for Depression During Pregnancy

A new study from Oslo, Norway suggests that certain ethnic minorities in Western countries may have a higher risk of developing depression during pregnancy. The authors also found that level of social integration, history of depression, adverse life events and poor subjective health prior to pregnancy were significantly associated with depression during pregnancy in this study population. **READ MORE.**

***Want to stay current on the latest studies?
Check out the blog at Massachusetts General Hospital's
Center for Women's Mental Health.***

Hope and help for new mothers



www.postpartumva.org

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