

## A Quasi-systematic review of Cognitive Behavioural Therapy for Post-Natal Depression.

Harshada Barote | Master of Public Health | 19174103

Faculty of Health & Life Sciences | Supervised by Dr Sarah Hennelly



### INTRODUCTION

- In India, post-natal depression is one of the most ignored aspects of women's mental health.
- Given the higher prevalence of this condition, along with a lack of awareness and understanding of current treatment options, it is critical to determine effective treatment alternatives and their effects.

### PREVALENCE OF POST-NATAL DEPRESSION



About 1 in 7 new mothers end up developing PND



About half of all women who have PPD are diagnosed or do not seek treatment for it.

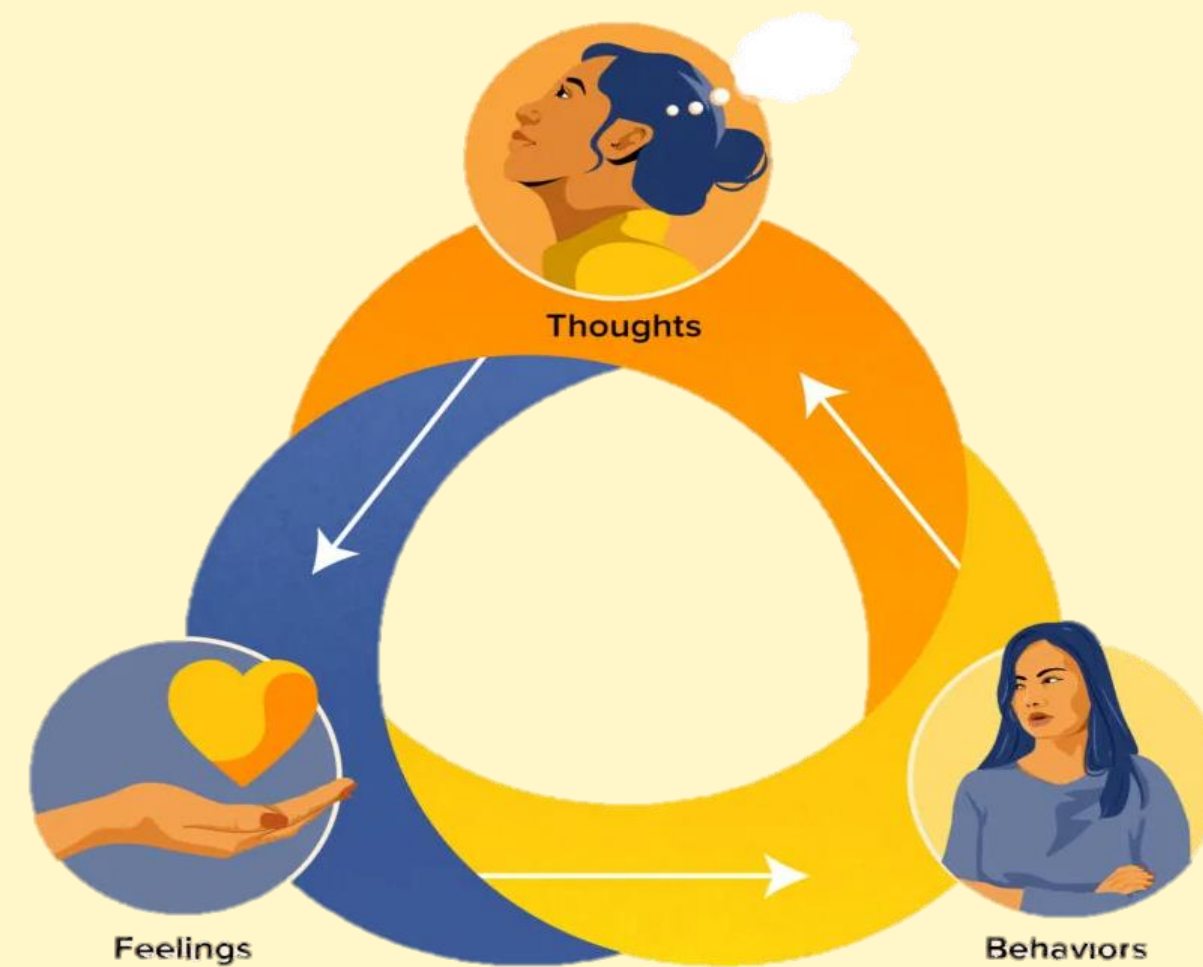
|        |                |
|--------|----------------|
| GLOBAL | 7.4 % – 39.4%  |
| INDIA  | 19.8 % – 23.3% |



### AIM

- To evaluate the global effectiveness of Cognitive Behavioural Treatment for Post-natal Depression in order to make implementation recommendations.
- To close the knowledge gap about post-natal depression in India.

### COGNITIVE BEHAVIOURAL THERAPY



### METHODS

- The research process included a relevant search strategy, inclusion and exclusion criteria, and the utilization of appropriate databases.
- A quasi-systematic review strategy which discusses primary data extraction and result summarisation was used.
- A narrative synthesis, Thematic analysis, and a program theory model were conducted on the 10 randomised controlled trial studies that met the inclusion criteria.



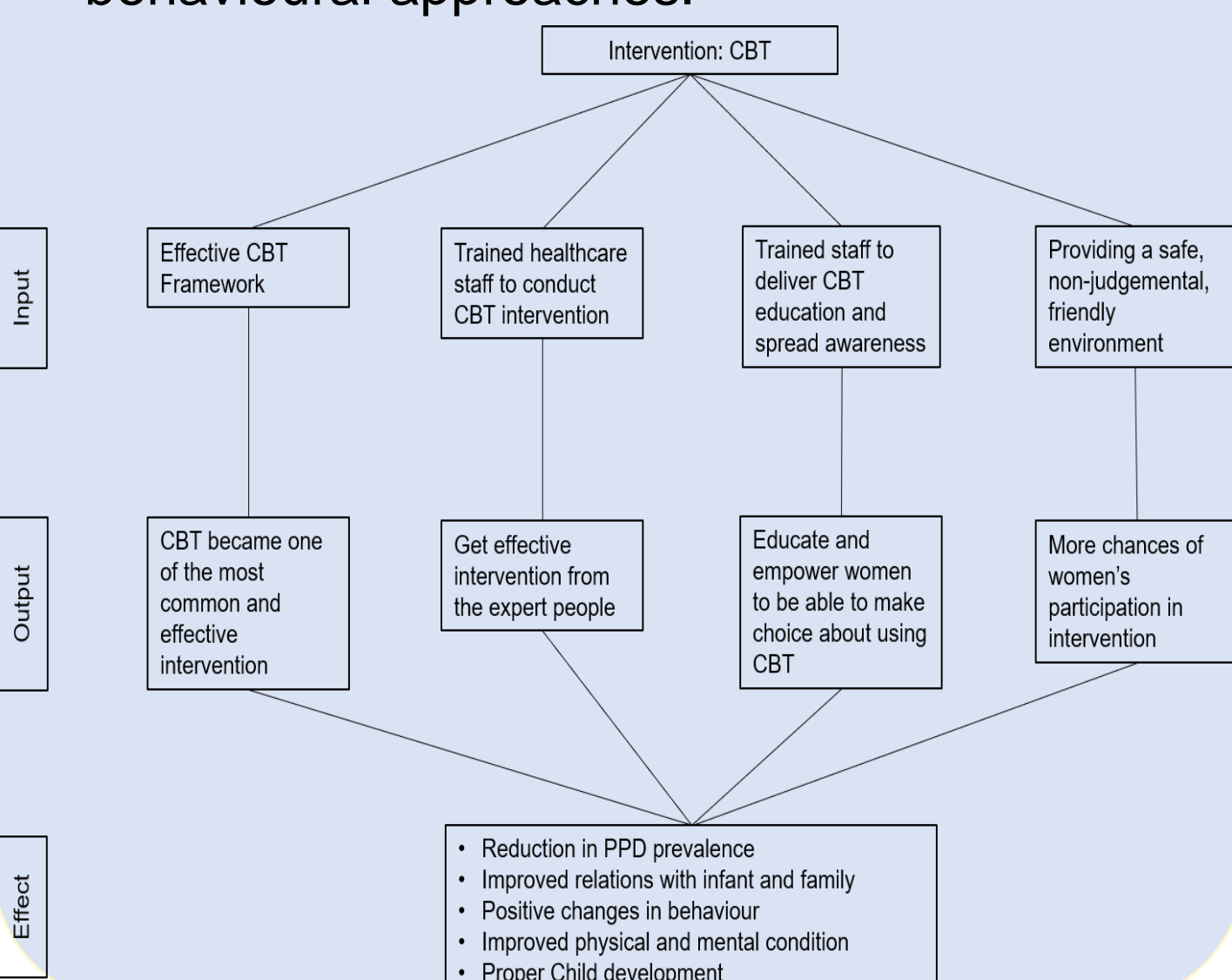
### Signs and Symptoms of Post-Natal Depression



### FINDINGS

- The outcomes of this study show the effectiveness of using cognitive behavioural therapy to treat post-natal depression, and numerous studies have identified it as one of the best treatments currently available.
- The findings indicate the viability, applicability, and feasibility of cognitive behavioural approaches.

Intervention: CBT

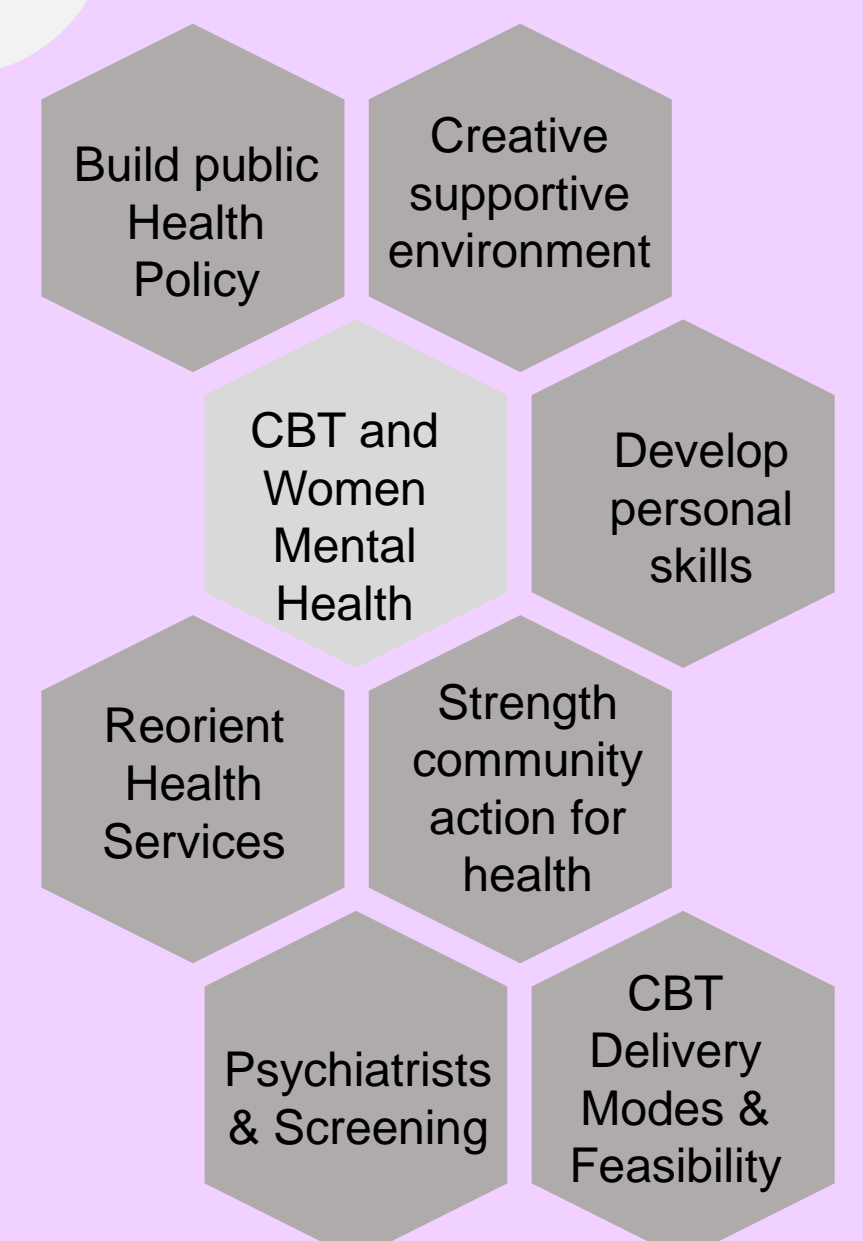


### CONCLUSION

- The study will help policymakers and healthcare systems evaluate the intervention needed to support the adoption of cognitive behavioural therapy as an effective treatment option.
- This report highlighted the need for additional high-quality research.
- Additionally, it offers several recommendations for how this treatment should be implemented in India.
- It also highlights the importance of screening tools, psychiatrists, and successful delivery mechanisms.



### RECOMMENDATION



### References:

- Amani, B. et al. (2021) 'Peer-Delivered Cognitive-Behavioral Therapy for Postpartum Depression: A Randomized Controlled Trial', *The Journal of clinical psychiatry*, 83(1). Available at: <https://doi.org/10.4088/JCP.21M13928>.
- Bohra, N., Srivastava, S. and Bhatia, M. (2015) 'Depression in women in Indian context', *Indian Journal of Psychiatry*, 57(Suppl 2), p. S239. Available at: <https://doi.org/10.4103/0019-5545.161485>.
- Ministry of Health & Family Welfare and Government of India. (2017) Directorate General Of Health Services. Available at: [https://dghs.gov.in/content/1350\\_3\\_NationalMentalHealthProgramme.aspx](https://dghs.gov.in/content/1350_3_NationalMentalHealthProgramme.aspx)
- WHO (2017) 'Depression and Other Common Mental Disorders Global Health Estimates'.