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February 2016

Letter from the President



Dear Marce Colleagues,

It is with great pleasure that I remind you that the deadline for the [Call for Abstracts](#) for the International Marce Conference, September 26-28, 2016 is only two weeks away! I look forward to a vibrant and exciting time together where we will share ideas, knowledge, and meet with old friends as well as make new ones.

I warmly welcome you to Australia and to Melbourne, my hometown, which has [many attractions to suit everyone](#). If you love food, the beach, culture, shopping, the outdoors and a casual lifestyle you will be well looked after. After all, Melbourne has been rated one of the most liveable cities in the world for several years! The Conference will bring together the global perinatal mental health community and is set in a comfortable hotel which will allow us to live together for a few days and build the new "frontiers for the future" to improve the emotional well-being of mothers, fathers and babies. Conference highlights include international experts bringing the latest research, advancements in clinical care and workshops.

Stay tuned for ongoing announcements including the Gala dinner surprise, the special small dinners hosted by keynote speakers, launch of new initiatives and extra conference events such as tours of mother-baby units.

Check out the conference website www.marce2016.com and submit a Symposium, Oral or Poster Presentation (**closing 13 March**) or sign up for your interest to be updated on the latest programme!

Jeannette Milgrom
President, International Marce Society for Perinatal Mental Health





The Members Only List Serv: An Important Resource!

The List Serv has been very active for the past two months. [Check out the archives](#) to make sure you are up to date on some key topics.

- Universal Screening
- Olanzapine and Valproic Acid
- Zika virus
- Free resources such as videos and articles
- Job postings and Fellowship opportunities

But Did You Know...

If you have not renewed your membership for 2016, this will be the last Marce newsletter that you receive! 2015 Members will be removed from the List Serv, newsletter distribution, and Members Only portion of the website before the end of March. [Renew online today!](#)

Exciting Developments for U.S. Organizations in Perinatal Mental Health

National Perinatal Association (U.S.A.)

Dear Marcé Members,

On behalf of my colleagues in the National Perinatal Working Group, I am delighted to announce the publication of a special issue of the Journal of Perinatology dedicated to issues of perinatal mental health and psychosocial support of parents of NICU infants and their caregivers.

The publications are open access and are available online for distribution to fellow professionals, parents or anyone interested in supporting parents of NICU infants. Our website houses information and resources in English and Spanish for interdisciplinary professionals and parents. We have a speaker bureau who are available to speak to groups on a variety of related topics.

If you have resources on this topic that could be helpful to either parents or professionals, we would be happy to include them on the website. Please forward relevant material to contribute@support4nicuparents.org.

Here is [the link](#) for the publications. Here is [the link](#) for the website and toolkit.

We are so pleased with our work and hope that you will find it helpful.

With Warm Regards,

Nancy Selix

National Coalition for Maternal Mental Health (U.S.A.)

The National Coalition for Maternal Mental Health has a terrific [Advocacy Toolkit](#) on its website that makes contacting a member of the Congress very simple. This toolkit can be used as a template for advocacy outreach outside of the United States.

For those based in/around D.C., or who would like to visit our fair city in the lovely springtime, we are planning a Capitol Hill Lobby Day on 5th. Details & registration [here](#).

Please feel free to [contact me directly](#) with questions.

Lynne McIntyre, LICSW, LCSW-C
Manager, Maternal Mental Health Program
Mary's Center for Maternal and Child Care, Inc.

The Seleni Institute (U.S.A.)

The Seleni Institute has developed a set of online and in person [trainings](#). The two day [Mental Health Intensive](#) is for mental health professionals who want to deepen their understanding of perinatal mental health. Community discounts are available, especially for providers in public...

Rebecca Benghiat

Marce Members Featured Publications

Identifying the women at risk of antenatal anxiety and depression: A systematic review.

Alessandra Biaggi, Susan Conroy, Susan Pawlby, Carmine M. Pariante, *Journal of Affective Disorders*, 2106, 191, 62-77.

This systematic review aimed to identify the main psycho-social and environmental risk factors involved in the onset of antenatal anxiety and depression. Ninety-seven studies, written in English and published between 1st January 2003 and 31st August 2015, were selected and included in the review. Twelve literature reviews and meta-analyses regarding perinatal mental illness and relevant risk factors were consulted regardless of publication date.

A previous systematic review, Lancaster et al. (2010), focused on the identification of risk factors for antenatal depression that could be assessed during routine obstetric care. This review identified fifty-seven studies published between January 1980 and March 2008 in the United States, Canada, Europe, Australia and New Zealand.

The recent systematic review describes the main psycho-social, obstetric and environmental risk factors involved in the development of both antenatal anxiety and depression and includes a wider range of low-, middle- and high-income countries than those considered by Lancaster et al. (2010). Studies conducted on particular and high-risk populations, such as women exposed to major environmental catastrophes, women with pre-existing health conditions or health conditions associated with pregnancy were all excluded.

Sources of risk identified in the recent review included: psychological-psychiatric factors, social support and marital relationship factors, socio-demographic and economic risk factors, adverse events in life and perceived stress, obstetric and pregnancy related factors and personality factors.

Results showed that the most relevant factors associated with antenatal depression and anxiety (ranked according to the number of studies that have found the factors to be significant predictors, and presenting also the number of studies who did not) are: lack of a partner (29 vs. 0); history of abuse or of domestic violence (28 vs. 0); personal history of mental illness (23 vs. 0); unplanned/unwanted pregnancy (22 vs. 2); adverse events in life and high perceived stress (21 vs. 0); present/ past pregnancy complications or pregnancy loss (17 vs. 4); low education level (17 vs. 9); low income (15 vs. 3); single marital status (14 vs. 5); current or past smoking (13 vs. 1); negative cognitive style/low self-esteem and self-efficacy (10 vs. 0); problematic/dissatisfied relationship with partner (7 vs. 0); childhood abuse (8 vs. 0).

Inconsistent results were found regarding unemployment, ethnicity, age, parity and gravidity while, despite some evidence, more research needs to be conducted regarding current/past alcohol abuse, substance use, family history of mental illness, quality/style of parenting, mode of delivery, partner unemployment and partner psychopathology.

Similarly to Lancaster et al. (2010), the recent review found that life-time adversities, history of depression, lack of support, domestic violence, unintended pregnancy, low education, low income and poor relationship with partner are associated with antenatal depression, anxiety, and no or inconsistent evidence was found for alcohol, substance abuse, age and employment. Contrary to Lancaster et al., obstetric history was observed to be a strong predictor of depression and anxiety during pregnancy.

The review confirms previous evidence that mood disorders during pregnancy and early parenthood have a complex and multi-factorial aetiology (Bilszta et al., 2008) where multiple factors are involved in the onset of depression and anxiety during pregnancy.

A number of relevant factors have been shown to increase the risk that the woman will experience anxiety and/or depression during pregnancy but yet more research is needed to clarify the role of several putative risk factors on which there is inconsistent or little research.

Correctly identifying the women most at risk would offer the opportunity to target preventive and supportive interventions, and also the chance to monitor those women during pregnancy so that early symptoms could be recognized, and therapeutic interventions implemented in a timely manner.

by Susan Conroy, UKIMS (Marce UK and Ireland)

Bilszta, J.L., Tang, M., Meyer, D., Milgrom, J., Ericksen, J., Buist, A.E., 2008. Single motherhood versus poor partner relationship: outcomes for antenatal mental health. *Aust. N. Z. J. Psychiatry*, 42, 56-65.

Lancaster, C.A., Gold, K.J., Flynn, H.A., Yoo, H., Marcus, S.M., Davis, M.M., 2010. Risk factors for depressive symptoms during pregnancy: a systematic review. *J. Obstet. Gynecol.*, 202, 5-14.

Archives of Womens Mental Health Journal

February 2016, Volume 19, Issue 1/Marce Members in Bold

[Association between parental depressive symptoms and impaired bonding with the infant](#)

Birgitta Kerstis, Clara Aarts, Carin Tillman, Hanna Persson, Gabriella Engström, Birgitta Edlund, John Öhrvik, Sara Sylvén, **Alkistis S**

The American Journal of Psychiatry

Marce Members in Bold

[The Roles of Maternal Depression, Serotonin Reuptake Inhibitor Treatment, and Concomitant Benzodiazepine Use on Infant Neurobehavioral Functioning Over the First Postnatal Month](#)

Salisbury AL, O'Grady KE, **Battle CL**, **Wisner KL**, Anderson GM, Stroud LR, Miller-Loncar CL, Young ME, Lester BM.

[Risk of Postpartum Relapse in Bipolar Disorder and Postpartum Psychosis: A Systematic Review and Meta-Analysis](#)

Richard Wesseloo, Astrid M. Kamperman, **Trine Munk-Olsen**, Victor J.M. Pop, Steven A. Kushner, **Veerle Bergink**

[Heritability of Perinatal Depression and Genetic Overlap With Nonperinatal Depression](#)

Viktorin A, **Meltzer-Brody S**, Kuja-Halkola R, Sullivan PF, Landén M, Lichtenstein P, Magnusson PK

Obstetrics & Gynecology (ACOG)

Marce Members in Bold

[Measures of Maternal Stress and Mood in Relation to Preterm Birth](#)

Hoffman MC, Mazzoni SE, Wagner BD, Laudenslager ML, Ross RG.

Regional Group Updates

SMF Francophone Group

The Annual 2015 Conference of the SMF (French speaking group, President Christine Rainelli) in Marseille was hosted by Michel Dugrou and François Poinso.

We had the contribution of our colleague Alain Gregoire presenting the Maternal Mental Health Alliance from UK, of Francine de Montigny presenting the Father project from Quebec, of Miri Keren on the care of infant with parents with psychopathology and of Anne Laure Stievenart presenting the very interesting network set up in the Bordeaux region with MBu, day care, liaison psychiatry, multi-disciplinary staff meetings to discuss difficult cases, training etc. We had also round tables with many colleagues on prevention through active networking between units, social services, judges, psychiatric department, MBUs, mental health day care, maternal-child protection centers. Our colleagues in ethics, anthropology and users associations also gave us their feedback on our practices.

Two Marcé Society SMF prizes were given to students.

There was an IPT training before the congress; the attendees were very pleased to attend.

The French gastronomy was not forgotten with a good lunch on top of the university building and a nice view on Marseille but with a lot of rain.

Article by Nine Glangeaud

Photos by Elisabeth Glatigny



Alain Gregoire, Maternal Mental Health Alliance



SMF Awards a Prize to a Promising Student



SMF Colleagues Share a Meal

German Speaking Group

It's not too late to plan to attend the upcoming German Speaking Group conference: March 10-11, Frankfurt am Main. Click [here](#) for the program and more details!

Marce Members In the News

Sheehan Fisher

Maternal Mental Health Day: May 4, 2016!

Marce, the Maternal Mental Health Alliance, and Postpartum Support International (PSI) are working together on events to celebrate International Maternal Mental Health Day. The theme is "Maternal Mental Health Matters." For more information, please contact Marce Member [Angela Bowen](#), and stay tuned for more details!

Coming soon

In advance of the Biennial Conference, Marce will be electing new Officers and Board members. The Call for Nominations will be distributed to all Marce members shortly!

Thank You to our 2016 Diamond Members!

Jennifer Barkin
Diana Barnes
Roseanne Clark
John Cox
Christine Deeble
M. Camille Hoffman
Catherine Lager
Aarti Mehta
Milica Stefanovic

Upcoming Conferences

2016 NASPOG Biennial Meeting
April 8-10, 2016
New York Academy of Medicine, New York City, USA

A full and comprehensive program is planned for the [2016 NASPOG Biennial Meeting](#) including the following symposia & lectures:

- Perinatal Psychiatric Disorders: Challenges in Treatment
- Menopause / Woman-to-Woman/An International Perspective
- Psychosocial Aspects of Fertility and Assisted Reproductive Technology:
- Hormones and the Brain
- Psychosocial Aspects of High Risk Pregnancy
- Substance Abuse in Women
- Eating Disorders & Pregnancy

IPT Week: Interpersonal Psychotherapy from A to Z
September 19-23, 2016
La Teppe Medical Center, Tain l'Hermitage, France

Training organized in 3 distinct - yet related - workshops; First two workshops conducted entirely in English, without translation Third workshop conducted in English with playful translation into French.

Click [here](#) for workshop titles, registration information, and more

