

First Quarter 2017

Letter from the President



Dear Marce Society Colleagues,

There is growing awareness of the importance of consideration of mental health in strategies to address disparities in maternal mortality and morbidity, and early childhood development, among poorly- and well-resourced nations. The scientific contributions of members of the Marce Society are informing global initiatives to reduce these inequalities.

In December 2016 the World Health Organization's Eastern Mediterranean Regional Office in Cairo convened an Expert consultation for identifying core mental health interventions for integration in maternal, child and adolescent health service delivery platforms. Regional and global experts met to identify

mental health interventions that could be integrated within maternal, child and adolescent health packages; the delivery channels that are available, potential entry points for implementation, and monitoring and evaluation plans for delivery of an integrated package in Egypt and Jordan where at present maternal mental health is not considered in routine care.

The importance of early childhood development to economic development is reflected in there being specific indicators within the Sustainable Development Goals 2015 - 2030 and the Global Strategy for Women's, Children's and Adolescents' Health. In January 2017 the Departments of Mental Health and Substance Abuse, and of Maternal, Newborn, Child and Adolescent Health at the World Health Organization Headquarters in Geneva Technical Consultation on Research Priorities in Early Child Development to set priorities and link groups working on early childhood development to facilitate

coordination and collaboration of efforts. Maternal mental health and caregiving capabilities were clearly identified as central to this agenda.

I was very pleased to be invited to participate in these meetings and to hear about the needs for global partnerships and collaborative efforts to find effective and cost-effective solutions and to build evidence in the many countries where there is still none.

The World Congress on Women's Mental Health, which is convened by the International Association for Women's Mental Health, was held in Dublin in March 2017. The meeting coincided with International Women's Day and had a central focus on reproductive rights as fundamental to the realization of women's mental health. The International Marcé Society for Perinatal Mental Health was widely acknowledged, including in the Annual General Meeting, as an important sister Society to the IAWMH. Contributions from members of the Society included:

i. The Marcé Society Symposium: New Evidence About Prevention and Treatment of Perinatal Mental Health Problems Among Women. This symposium was chaired by Professor Vivette Glover and papers were given by:

Jane Fisher: A new way of thinking about prevention of postnatal common mental disorders among primiparous women: cRCT of a gender-informed psycho-educational program for couples; Cindy-Lee Dennis: A randomized controlled trial to evaluate the effect of telephone-based interpersonal psychotherapy by nurses for the treatment of postpartum depression; Mike O'Hara: A two-site randomized controlled trial of sertraline, placebo and interpersonal psychotherapy for postpartum depression; and

Florence Gressier and Nine Glangeaud-Freudenthal: *Innovating in perinatal psychiatry: think the father.*



Cindy-Lee Dennis, Vivette Glover, Jane Fisher, Michael O'Hara, and Florence Gressier at the International Women's Mental Health Conference in Dublin March 2017

ii. Invited keynote addresses were given by:

Prabha Chandra: Using technology for women's mental health in hard to reach populations; Jane Fisher: Disasters, displacement and women's mental health: implications for psychologically informed responses,

Louise Howard: Identifying and preventing violence against women in mental health services.

iii. Concurrent papers and symposia were presented by Society members including Laura Biggs, Anne Buist, Prabha Chandra, Cindy-Lee Dennis, Geetha Desai, Jane Fisher, Vivette Glover, Louise Howard, Maggie Kirkman, Kristine Mercuri, Maria Muzik, Heather Rowe and Touran Shaffei.

Together these demonstrate the importance of the Society as a contributor to science and advocacy in the field of perinatal mental health.

The plans for the 2018 Conference of the International Marce Society for Perinatal Mental Health which is to be held at the National Institute for Mental Health and Neurosciences in Bangalore India are developing well. The Scientific Committee would welcome suggestions for themes, symposia and speakers. These can be directed to me (jane.fisher@monash.edu) and to Prabha Chandra (jrabhasch@gmail.com) as co-convenors of the conference, We look forward to keeping you informed about the program and to welcoming you to Bangalore. Please look at the video about the conference and the city and use the flyer freely to promote the conference among your colleagues.

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Jane Fisher President 2016 - 2018

Perinatal Mental Health: Global Experiences, Global Dialogues, Global Responses

In September 2018, for the first time, the Biennial Conference of The Marcé Society for Perinatal Mental Health will be held in a LAMI Country. The National Institute of Mental Health and Neurosciences (NIMHANS) at Bangalore in the South of India, will be the venue.

The conference will be a wonderful opportunity for people from countries in the Global South and the Global North to exchange new ideas, experience cultural diversity, expand global partnerships, meet new and old friends, and visit one of the most exciting cities in the region.

There couldn't be a better place than NIMHANS to hold this conference. It is an academic centre of excellence in the South Asian region and an institute of national importance. It has the first comprehensive perinatal psychiatry service in a LAMI country, has developed several training modules in perinatal psychiatry for health professionals, provides health information in perinatal mental health in collaboration with the White Swan foundation in various languages and has started an online certificate course in perinatal mental health.

The vibrant and young multidisciplinary team at NIMHANS is involved in various community projects and has state of the art laboratories working on the neurobiology of postpartum psychosis.

The conference will be held at the NIMHANS Convention centre which has hosted many international conferences.

Bangalore is a vibrant city with a young technologically savvy population and a melting pot of several cultures, beautiful hotels in all price ranges and a salubrious climate. There are cultural spots, heritage sites, forests and wildlife to visit within hours from the city.

We promise to make the conference an event to cherish and remember with an excellent academic and cultural line up. Click here to visit the new conference website!

Jane Fisher and Prabha Chandra

Joint organisers, Marce Conference, 2018 welcome you to Bangalore and to India. Please block your dates: September 25th to 28th, 2018.









SEE YOU IN BANGALORE!

Venue: National Institute of Mental | Date: 25th-28th September 2018 Health and Neuro Sciences, Bangalore

Global Experiences, Global Dialogues, Global Responses

Marce Members Featured Publications

New Editor for the Archives of Women's Mental Health

Please read the letter from Anita Riecher-Rössler, the new Editor-in-Chief of the Official Journal of the Marce Society, here.

Archives of Women's Mental Health Journal

Marce Members in Bold

Fourth consensus of the International Society for Premenstrual Disorders (ISPMD): auditable standards for diagnosis and management of premenstrual disorder

Elgerta Ismaili, Sally Walsh, Patrick Michael Shaughn O'Brien, Torbjorn Bäckström, Candace Brown, Lorraine Dennerstein, Elias Eriksson, Ellen W. Freeman, Khaled M. K. Ismail, Nicholas Panay, Teri Pearlstein, Andrea Rapkin, Meir Steiner, John Studd, Inger Sundström-Paromma, Jean Endicott, C. Neill Epperson, Uriel Halbreich, Robert Reid, David Rubinow, Peter Schmidt & Kimberley Yonkers

Postpartum psychiatric emergency visits: a nested case-control study Lucy Church Barker, Paul Kurdyak, Kinwah Fung, Flora I Matheson & Simone Vigod

Associated symptoms of depression: patterns of change during pregnancy

Rita T. Amiel Castro, Claudia Pinard Anderman, Vivette Glover, Thomas G. O'Connor, Ulrike Ehlert & Martin Kammerer

The prevalence and incidence of perinatal anxiety disorders among women experiencing a medically complicated pregnancy

Nichole Fairbrother, Allan H. Young, Areiyu Zhang, Patricia Janssen & Martin M. Antony

Perinatal suicidal ideation and behaviour: psychiatry and adversity

Michael Nnachebe Onah, Sally Field, Jason Bantjes & Simone Honikman

<u>Using the Edinburgh Postnatal Depression Scale for women and men-some cautionary thoughts</u> Stephen Matthey & **Francesca Agostini**

<u>Protection against hormone-mediated mood symptoms</u>

Leah C. Susser & Alison D. Hermann

Archives of Women's Mental Health Journal

Articles Featuring Marce Founding Member Ian Brockington

Citation analysis of puerperal and menstrual psychosis

Non-reproductive triggers of postpartum psychosis

Erratum to: Non-reproductive triggers of postpartum psychosis

Suicide and filicide in postpartum psychosis

Some unusual forms of early onset postpartum psychosis

Donkin psychosis

Runge psychoses

Late onset postpartum psychoses

Recurrent episodes associated with childbearing: a matrix of associations

Relapses of bipolar/cycloid psychosis related to childbearing

The Stafford Interview

Ian Brockington, **Prabha Chandra, Alessandra Bramante**, Hettie Dubow, Walaa Fakher, **LLuïsa Garcia-Esteve**, Kristina Hofberg, Suaad Moussa, Bruma Palacios-Hernández, Ylva Parfitt & Pey-Ling Shieh

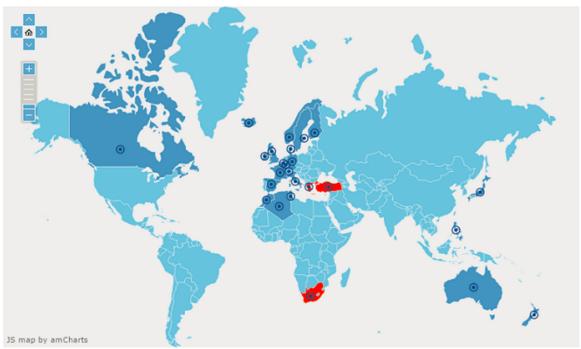
An international position paper on mother-infant (perinatal) mental health, with guidelines for clinical practice

Erratum to: An international position paper on mother-infant (perinatal) mental health, with guidelines for clinical practice

Ian Brockington, Ruth Butterworth & Nine Glangeaud-Freudenthal

Regional Group Updates

Regional Groups of the Marcé Society as of February 2017 Established Regional Groups in blue; Emerging Regional Groups in red. Click link in box for more information.



NEW REGIONAL GROUP MAP ON INTERNATIONAL WEBSITE

Based on discussions with Regional Group representatives, Officers, and Board members, the Executive Office undertook the task of creating a map that would visually depict the Regional Groups of the Marce Society. Especially given the desire to transcend language barriers, the leadership team felt that "a picture is worth a thousand words" in communicating where the Marce Society currently is strongly represented, and where we have opportunities to grow. As you will see on the website, existing groups are shown in blue, and emerging groups are shown in red. Thank you for your commitment to the growth of the Marce Society!

EMERGING REGIONAL GROUPS

The Marce Society always welcomes interest from new areas. Currently there are three groups being developed. Please click on the link below to contact these representatives for more information.

Greece and Greek Speaking: Vassilis Daglas

Portugual and Portuguese Speaking: Barbara Figueiredo

South African: Bavi Vythilingum

Australasian Group

The Australasian Chapter of the Marce Society for Perinatal Mental Health is pleased to announce its <u>Biennial Scientific Meeting</u> to be held in Brisbane, Australia 26-28 October 2017. This will be a great opportunity to join members, colleagues and guests as we explore our theme *When the Bough bends, Resilience in the Perinatal Period.*

The three day Conference will include lectures, symposia and discussions with national and international experts on some of the following themes:

* Attachment Newborn Behavioural Observations

- * Interpersonal Violence
- * Substance Use and Abuse in Pregnancy
- * Assisted Reproductive Technology
- * Maternal Death and Psychosocial Stress
- * Post Traumatic Stress Disorder
- * Fatherhood
- * Surrogacy and Adoption.

Please join us for a delightful Soiree on the evening of Friday 27 October as we relax in the beautiful surrounds of the Queensland Terrace at the State Library.

Registrations will open shortly; in the meantime, you can express your interest in attending by emailing ams@abercrombiemanagement.com.au

I look forward to welcoming you all to sunny Queensland for an engaging meeting.

Dr Lyndall White President, Australasian Chapter



Francophone Group

We had on November 9 and 10 our annual 2016 meeting in Beaune, Bourgogne about babies and culture. It was a success with about 300 participants.

Since then, we have a new president, Pr. Dominique DALLAY, gynecologist/obstetrician. Dr Chritine RAINELLI is past president.

We have three new officers:

- Dr Damien LERMINIAUX, psychiatrist Liège, Belgium
- Dr Antonia MEZZACAPPA, psychiatrist, Kremelin Bicêtre (near Paris), she will be helping on my
 job as French group representative.
- Marie-Ange PERIE (psychologist, Vienne) coming june 2017.

We are preparing our next annual meeting which will be in Poitiers June 29th and 30th about babies and separation. For more information, click here

Like last year we will probably have a few events for the WMMH day. For instance, in my hospital in Bordeaux we will have activities: mother baby walk with lullabies, outdoor breathing, carrying baby workshop. We will have a film with discussion in a movie theatre during the evening. There are probably other cities preparing this day. We'll let you know.

German Regional Group

The German Biennial Regional Group has their upcoming meeting 12 - 13 May in Nürnberg Topic: Mother-Infant Therapie in the spotlight of multi professional disciplines

Learn More



Nordic Regional Group

On October 12 - 13 2017, the Nordic Marcé is arranging its second congress, this time in Stockholm, Sweden. The theme for the congress will be "För bättre perinatal psykisk hälsa", or in english: "For better perinatal mental health". Both Nordic and international speakers and attendees will take part. For more information about the congress, or the Nordic Marcé in general, see: http://nordicmarce.org

We issue regular newsletters, sharing information about congresses and relevant publications in scientific journals or the general media, and promoting the Marcé Society. In our latest newsletter we write about the recent congress in Melbourne, where six members of the Nordic board attended, together with approximately twenty other attendees from the Nordic countries. Nordic Marcé held a symposium during the congress, where results from Nordic registry studies and population studies were presented. Speakers from other countires, such as China, The Netherlands and Australia contributed in presenting these studies, showing amply that even though we are a nordic organization, we belong to a broad international network.

As an excerpt from our latest newsletter, we want to share with you some of the latest publications from our members:

About insomnia:

Click Here

About hyperemesis:

Click Here

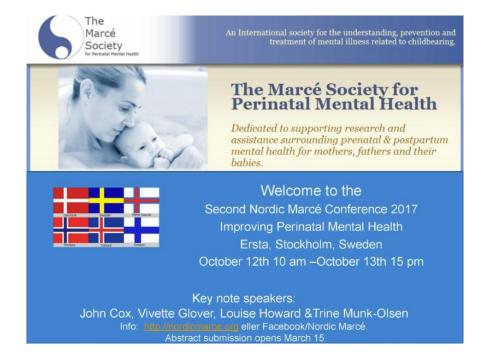
About screening: https://www.ncbi.nlm.nih.gov/pubmed/26813212

About depression and the child: https://www.ncbi.nlm.nih.gov/pubmed/27801896

About screening of depression: Click Here

Visit us on Facebook or at http://nordicmarce.org

On behalf of the Nordic Group board, Gro Vatne Brean.



Spanish Regional Group

On September 2016 our group participated in two events with the aim of collaboration with other associations:

- The XIX Spanish National Congress of Psychiatry with the symposium "Perinatal psychiatry: an
 emerging specialization" where Dr. Josep María Farre moderated the event, Dra. Susana Subira
 showed data about the attention of depressed mothers and suicidal thoughts prevalence, Dra.
 Gracia Lasheras (our President) deal about short and long term consequences of perinatal mental
 illness and Dra. Ma Luisa Imaz talked about bipolarity.
- The XI Alicia Koplowitz Foundation Scientific Conference: "Perinatal period and early childhood: prevention and early care in child psychiatry"
 (https://www.fundacionaliciakoplowitz.org/documents/jornadas_XIJornadas.pdf?v=1) where Dra. Ibone Olza gave the lecture "From attachment neurobiology to earlier psychopathology: prevention, detection and treatment in perinatality", Dra. Lluisa García Esteve (Past President) participated with the lecture "Development of perinatal mental health services. Mother-Baby Units" and Alfonso Gil Sánchez moderated a round table.
- And also in September 2016 the Spanish Marce Society celebrates a workshop, lead by the psychologist Arun Mansukhani, about "Attachment, adult attachment and psychopathology".



XIX Spanish National Congress of Psychiatry



XI Alicia Koplowitz Foundation Scientific Conference

Forthcoming events:

In June (28th to 1st July) at the 5th Annual Scientific Conference of the European Association of Psychosomatic Medicine (EAPM) and the 47th conference of the Spanish Association of Psychosomatic Medicine (http://eapm2017.com) we will present the round table "Maternal Mental Disorders: From Adversity to Bonding".

And in November (16th to 19th), in Santiago de Compostela, we will participate with a symposium at the 10th International Congress of Clinical Psychology.

We are now working hard finishing the VI Spanish Marce Society Annual Meeting program, that will be held on May 19th in Barcelona and will be shared with all of you very soon. And the day before, a preconference workshop about "Genetic and psychiatric counseling in mental illness", will be leaded by the expert in molecular biology Felipe Vilella.

Finally we would like to remark that our group is very active thinking how to improve our communication through the listsery, updating our website and developing a Media Plan.

Alfonso Gil, Spanish Regional Group Representative



VI Spanish Marce Society Annual Meeting program



5th Annual Scientific Conference of the European Association of Psychosomatic Medicine (EAPM)

Marce Members In the News ... and Making News

Congratulations to Dr. Kathie Wisner!

Congratulations to Marce's Information Editor, Katherine Wisner, MD who has been chosen to receive this year's American Psychiatric Association Award for Research! Dr. Wisner is set to receive the award during the APA's Annual Meeting in San Diego May 20-24. The meeting highlights leading cutting-edge research advancing psychiatric patient care.



The Members Only List Serv: Making Connections!

Check out the archives to make sure you are up to date on some key topics:

- Declining postpartum depressive symptoms
- World Psychiatric Association statement
- · Depot risperidone injection and breastfeeding
- · Relationship Measures
- Perinatal anxiety

Other News

Update: The Perinatal Mental Health Society (serving North America)

The Perinatal Mental Health Society (PNMHS) was officially registered as a tax-exempt entity on January 1, 2017. The PNMHS has completed its constitution and bylaws and has retained Debra Tucker, LLC, as its organizational manager. We anticipate that the PNMHS will be on stable financial footing and ready for recognition (in January 2018), as the North American regional group of the International Marcé Society, which includes Canada, United Sates and Mexico. It will be called Marcé of North America (MONA) at that time.

Our vision is a world in which childbearing women, their children and families enjoy the benefits of mental health and well-being.

Mission Statement. The Perinatal Mental Health Society is committed to the advancement of Clinical Care, Advocacy, Research, and Education (CARE). We accomplish our mission by:

- * Promoting interdisciplinary preventive and treatment services to childbearing women, their families, the public, and general medical community.
- * Encouraging the development of novel assessment, diagnostic, treatment and integrative care strategies.
- * Translating our science into practice and policy from the local to the global audience through publications, training, service development and leadership in perinatal mental health.
- * Supporting the development of a highly skilled, diverse, multi-disciplinary professional staff at the cutting edge of perinatal mental health through continued education, research and encouragement of creativity.
- * Conducting our organizational functions in an ethical, professional and fiscally responsible manner.

The Idea. Prior to 2013, North American members of the International Marce Society only met every two years at the international meeting. In November 2013, Dr. Katherine Wisner sought to address that time gap, by organizing the first biennial Perinatal Mental Health Meeting (November 6-8) at the Sheraton Chicago Hotel and Towers. It was a wonderful conference with a memorable river cruise on Lake Michigan. A trend was set with the second meeting in November 2015, also organized by Dr. Wisner and held at Northwestern University in Chicago. At the 2015 meeting, a group of perinatal specialists met at the Allerton Hotel to explore the idea of initiating a North American regional group of the International Marce Society. The group's decision was unanimous. Founding members included:

- K. Wisner, MD MS (Psychiatry), Chair
- C. Beck, DNS (Nursing)
- C. Clark, MD MSc (Psychiatry)
- C. Dennis, PhD (Nursing, Psychology)
- C. Hoffman, MD, MPH (MFM)
- M. Howard, PhD (Psychology)
- S. Meltzer-Brody, MD, MPH
- E. Miller, MD MPH (MFM)
- M. O'Hara, PhD, Psychology
- B. Parry (Psychiatry)
- D. Tucker (administration for conference and NASPOG).

The Work. There is much work to be done following a decision to form a regional group including development of Articles of Incorporation, application for recognition of exemption under 501 (c) (3) of the Internal Revenue Code, and opening a bank account (generously funded by the board members) to list a few of the technical steps.

Current Membership. The organization was well received. As of February 1, 2017 PHMS has 150 members from a broad range of disciplines including, psychiatrists, Obstetricians/Gynecologists, other physicians, psychologists, nurses, midwives, social workers, lactation specialists and perinatal mental health researchers. Active recruitment is ongoing, with founding members spreading the word about this newly formed group at conference presentations.

Activities: Newsletter. PNMH is proposing to develop a quarterly newsletter. Another plan is to circulate a "paper of the month" feature, which summarizes a research article in terms that are accessible to the PNMHS members.

Activities: 3rd Biennial Meeting. The third biennial meeting will be held November 7-10, once again organized by Dr. Wisner and hosted by Northwestern University in Chicago. Abstract submissions are now open!. Submission deadline is June 15. Hope to see you in Chicago! www.perinatalmentalhealth.com



National PPD Support Foundation in Norway (LFFD)

We are currently in the process of setting up a National PPD Support Foundation in Norway (LFFD). The foundation is run by four volunteers whom have all recovered from PPD.

The Ministry of Health has presented health professionals with unclear advice in terms of how to screen, identify and help women and men that

suffers from PPD. They have failed to implement a national screening program and all districts are doing what they think is best. A government committee was appointed to address the issue, but the majority of the votes opposed and did not find the matter worth prioritizing so the discussion disappeared from the political agenda.

The topic resurfaced when LFFD's board member Marita Rendal wrote about her two PPD's in our largest newspaper, Aftenposten on 11th of February. The article started a media debate which ended up at Dagsnytt 18, an influential Norwegian debate programme. Marita Rendal represented the foundation and was joined by Arne Holte (Prof. Emeritus Health Psychology, University of Oslo) and the Director at the Ministry of Health, Bjørn Guldvog.

Being only four weeks into this, we realise that setting up the foundation will take time, money and resources, but we are hopeful and optimistic for the future. In this group we come together as one, with hands-on experience, a strong will and determination. We hope that the voice we have will play an important role going forward and that our Government will prioritize maternal mental health care. How can we not?

Many thanks to Jane Honikman and Dr. Shoshana Bennett for your support.

In service, Lena Engelsen Director of the Board LFFD and Marce member

Breaking the Chains of Stigma: An Initiative of Janssen Research & Development, LLC and Museum Dr. Guislain

The nominations for the sixth Dr. Guislain Award are officially open. This international initiative rewards organizations, individuals or projects that have made an exceptional contribution in the social or cultural field, in breaking the chains of stigma with regard to mental illness.

You can nominate your candidate until April 16th, 2017 at www.drguislainaward.org. The award ceremony will take place in Belgium around the 10th of October 2017, World Mental Health Day.

The award is a collaboration between Janssen Research & Development and the Dr. Guislain Museum, two institutes with a longstanding involvement and heritage in the field of mental health care and research. The winner of the Dr. Guislain Award receives \$50,000.

For further information, please go to www.drguislainaward.org.

When the Bough Breaks

One suggestion for World Maternal Mental Health Day (Wednesday May 3, 2017) is to show this film in local library, church, health centre, have discussion about local resources...call press

Also if you want to be part of Canadian Alliance for Maternal Mental Health that we have started in conjunction with World MMH Day, please contact me.

Angela Bowen RN PhD
Professor, College of Nursing
College of Medicine, Psychiatry
University of Saskatchewan, SK, Canada
angela.bowen@usask.ca



Seeking Volunteers for a Research Study: The Experience of IVF from Survivors of Sexual Abuse

A Certified Nurse Midwife (CNM) is seeking women to participate in research through Fairfield University's Egan School of Nursing and Health Studies, studying the in vitro fertilization (IVF) experiences of survivors of sexual abuse. The study includes collecting narratives from women about being a survivor and their experience with IVF. Participants will be asked to share experience(s) in writing. Participation and responses will be kept confidential and take approximately 20-60 minutes at a conveniently scheduled time.

Those with at least one in vitro fertilization (IVF) experience that are survivors of sexual abuse are eligible to participate.

Participants will be improving care by participating in this study. To learn more about this research, please contact Jenna LoGiudice, PhD, CNM, RN at iloqiudice@fairfield.edu.

Thank You to our 2017 Diamond Members!

Renee Bruno
Kimothi Cain
Christine Clemson
Pietro Grussu
M. Camille Hoffman
Masako Nagata
Rosa Quatraro
Milica Stefanovic
Hiroko Suzumiya
Anja Wittkowski
Hiroshi Yamashita

Upcoming Conferences

Begin Before Birth 8 June 2017 The Wolfson Conference Centre, Hammersmith Hospital, London There is good evidence that the development of the fetus in the womb, and of the child in the first few years, can affect health for the rest of life. Internationally-renowned experts will discuss new evidence concerning the effects of perinatal mental health and obesity during pregnancy on the neurodevelopment and behaviour of the child. There will be presentations about the effectiveness of early interventions, a new programme for couples experiencing domestic violence, and the potential benefits of music. The afternoon session will include a talk about postnatal psychosis and the role of obstetricians by Professor Lesley Regan, current President of The Royal College of Obstetricians and Gynaecologists.

Click <u>here</u> for workshop titles, registration information, and more

Postpartum Support International Conference 14-15 July 2017 Philadelphia, Pennsylvania, United States

The annual PSI conference provides an opportunity to meet, learn together, and share ideas with others involved in the field of perinatal mood and anxiety disorders (PMADs). The purpose of the conference is to bring together and inform medical and mental health providers, childbirth professionals, support and resource providers, caregivers, policy-makers, researchers, volunteers, families, and educators who want to improve their understanding of PMADs and improve their ability to serve pregnant, postpartum, and post pregnancy-loss families.

Click here for workshop titles, registration information, and more

Send updates on careers, publications, etc. to the <u>Executive Office</u> for future newsletters.

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