



**New Year Message from the President**



Dear Members,

It is with pleasure that I greet the New Year and I look forwards to working with you all. The New Year is a time of hope and new beginnings; a time also to look back and reflect. Amidst all the excitement of the New Year is also the sadness of recent tragedies of violence around the world and the impact on individuals and families. My heart goes out to all affected.

It is timely to develop a forward looking Strategic Plan to further to develop our vision for the Society. To this end, I have placed this item on the agenda of our Committee meetings and we will in time be looking for member ideas and feedback. As a first step, I am enjoying interacting and getting to know the Officers, Board and Regional representatives. I want to continue to support the work of those who have built the Society and who have created a dynamic organization, rich in individuals with knowledge about perinatal mental health.

Our Marcé members have an important role to play in continuing to ensure that we find ways to support new parents and early parent-infant relationships, and in this way perhaps also contribute to future generations and harmony.

Membership growth is a first target as there are so many talented individuals in the field of perinatal mental health that are not yet members. We will continue to increase our outreach in social media to communicate the activities and benefits of the Society. In order to remain financially viable, we also need to grow. It is therefore with delight that I announce the formation of two new Regional Groups (the Nordic and Japanese groups), and we are looking for more!

Another important target is to increase communication across the Society. As such, I invite you all to be active contributors to our newsletter (via the Executive Office, [Laura Miller](#)) and to continue to build awareness and share information via [Facebook](#) and [Twitter \(@TheMarceSociety\)](#) and of course, our List Serv.

My very best to you all; and I am wishing you a happy, healthy and fulfilling year for 2015. Together we can continue to make a difference to mothers, fathers and babies.

Kind regards,  
Jeannette  
President, Marcé Society for Perinatal Mental Health

**List Serv Hot Topic: Post-Partum Depression in Grandmothers by Angela Bowen**

Do Grandmothers experience postpartum depression? This was a question posed through our online forum recently. I responded:

"My mood plummeted during my daughter's pregnancy and postpartum to the point of being completely numbed during a much anticipated time. I was initially confused-only having had the 'blues' myself, but attributed it to reliving the life/death of my teenage son throughout her very similar pregnancy/birth experiences to mine. In addition to counselling, I wrote a book 'Today's Grandmother', research for it helped me to work through my feelings (guilts and fears). I encourage grandmothers to avoid burnout and monitor their own moods and be aware of trigger points. I have since heard from other grandparents also confused by changes in their own mood. It

is amazing how many women are or feel responsible for so many in their lives, many layers of ailing and needy relatives that they provide physical and emotional supports to, and feel unsupported themselves as they continue to work, deal with their own health issues, etc..”

From *Today's Grandmother*:

“My husband is a psychiatrist, specializing in anxiety and mood disorders. He encouraged me to write *Today's Grandmother* when he heard grandmothers-to-be asking me for advice. Mostly, it is because he tells me that his female patients who are depressed often tell him that their greatest source of pleasure in their lives is their grandchildren. Grandmothering is sometimes the one thing that will get these sad women out of the house; it gives them hope and something to look forward to. It may be that they now have the means to buy their grandchildren presents and take them places that they couldn't have taken their own children when they were growing up. And for some they are hopeful they can have a more positive bond with their grandchildren compared to what they had with their own children, sadly, some having given up on that relationship (page 2).

Research on grandmother mental health is hard to find, but reports confirm what others have observed that grandmothering contributes to greater self-rated health and increased exercise. These positive health outcomes are encouraging, but the mental health of expectant and new grandmothers, particularly in light of childbirth-related PTSD and vicarious depression, is something that deserves more clinical and research attention.”

*Today's Grandmother: Your Guide to the First Two Years* is available through [www.todaysgrandmother.ca](http://www.todaysgrandmother.ca)

Amazon: <http://www.amazon.com/dp/0991939409> <http://www.amazon.co.uk/dp/0991939409> and other Amazon outlets

#### **Regional Group Updates: Welcome to the Nordic Group!**

The Nordic Group was officially recognized as a Regional Group of the Marcé Society at the Swansea Conference in September 2014. Countries included in this group are Denmark, Norway, Sweden, Finland, Faroe Islands, and Iceland. [Signe Karen Dorheim](#) is the Official Representative to the Marcé Society. Congratulations and best wishes for your continued success!

#### **Update from the Emerging Japanese Regional Group by Keiko Yoshida, MD**

Perinatal Mental Health care in Kyushu Japan

This document introduces our activities in Kyushu. In 1990-97 my work at the Institute of Psychiatry in London (Under Channi Kumar) and collaborative work carried out by my colleague Hiroshi Yamashita in Kyushu University Japan indicated that postnatal depression among Japanese living in England or in Japan is not uncommon compared to the one reported by western countries, regardless of cultural difference.

Between 1992 and 2006 a grant provided by the Ministry of Health and Welfare (Grant holder: Professor Hitoo Nakano, who is an obstetrician in Kyushu University and later succeeded by Yoshida) allowed an extensive study to be made which resulted in the development of community-based mental health support systems throughout Japan utilizing the conventional postnatal home visits by health visitors and midwives. Uniquely, obstetricians from a number of Japanese universities were involved in the study.

Since 2001 we have been running a Mother and Baby Mental Health Clinic in our university hospital. Pregnant women at risk of, or currently suffering from mental health problems are identified and recruited by midwives and offered treatment and support for several months after the birth, or longer if necessary. Each week obstetric and psychiatric staff exchange information and formulate treatment plans. We publish a manual which contains three questionnaires (1) Check list of Psychosocial Risk Factors, (2) The EPDS and (3) The Mother to Infant Bonding Scale, which now form part of Japanese perinatal mental care. Participating medical experts, including obstetricians, pediatricians and psychiatrists, have requested training and education to set up their own support services so the Kyushu team is now rewriting the teaching manual to support more integrated multidisciplinary teams in perinatal mental health.

#### **From the French-Speaking Group (SMF)**

The next SMF Annual Congress is in Marseille, France, November 19, 2015. ITP training takes place prior to the meeting on November 17-18. The theme of the Congress is “Networking of Professionals Caring for Baby and Parents, from Minus 9 to 9 Months After Childbirth.”

Recently at the Marcé French List Serve, we were discussing a recent report which mentions that one out of four fathers had not wished to have their child. What can be done for fathers for prevention and care, especially when there is a child's death or pregnancy loss? Please contact [Nine Glangeaud](#) with responses, and she will share with the French List Serve. Thank you!



#### **Renew Your Membership Today!**

It is time to renew your membership in Marcé for 2015! Renew today and continue to be a part of this community working towards understanding, preventing and treating mental illness related to childbirth. As a member of Marcé, you are a part of a society whose members work to:

- Exchange the latest advances in research. • Facilitate communication and collaboration in research.
- Promote educational programs to effectively disseminate new research findings, both in the scientific community and to the lay public. • Encourage publication of research. • Increase the public understanding of the personal, familial and societal impact of the mental health of women, their infants and partners. • Support increased research funding for prenatal and postpartum women's mental health research around the world. • Promote the highest scientific and ethical standards in research and its application in clinical psychiatric practice.

Your membership in the Marcé Society allows you:

- Special Recognition at Marcé Conference (Diamond Members only) • Electronic subscription for The Archives of Women's Mental Health (for Gold and Diamond Level Members only) • Reduced Registration Fees for the International Marcé Society Conference • Committee Membership Opportunities • Quarterly Newsletters • The ability to join the member listserv, with discussions related to all issues surrounding pregnancy and questions about treatment, medication, new studies, special cases, and much more. • Email news with updates on meetings, announcements on new findings, and stories and features from physicians, nurses, midwives, and other specialists in the field.

Please visit [www.marcesociety.com](http://www.marcesociety.com) to renew today!



**Transformed by Postpartum Depression**, by Marcé Media Director Walker Karraa, is a poignant tale of 20 women's journeys through postpartum depression and the growth that they experienced as a result. These women described severe suffering as they had been taken completely by surprise by their depression. They also experienced failure of care providers to screen for or treat depression, and finally reached a place where they determined that they would do whatever it took to recover. These women not only survived their ordeal, but emerged stronger than they were before.

#### Marcé Members in the News

**Crystal Clark** and **Samantha Meltzer-Brody** were featured on NPR's On Point with Tom Ashbrook, "[Why Are New Parents Depressed?](#)"

**Katherine Wisner** is quoted in [The Women's International Perspective](#) regarding maternal mental health. We love to feature our Marcé members! Please send any articles, features, etc. to [info@marcesociety.com](mailto:info@marcesociety.com).

#### Marcé Members in The Lancet by Louise Howard

Several Marcé members have been involved in important high-profile evidence syntheses on perinatal mental health recently. We were delighted that the Lancet commissioned a whole [series of papers on perinatal mental health](#), edited by Prof Louise Howard, King's College London and Prof Alan Stein, University of Oxford which were published in November 2014. The series reviews the effects of perinatal mental disorders on mother and child and includes a whole range of disorders including not only depression and anxiety but also post-traumatic stress disorder, eating disorders, personality disorders and schizophrenia and bipolar disorder. In addition to reviewing the current evidence base on the epidemiology of these disorders, they also given up to date overview on interventions including general principles on prescribing in the perinatal period. Studies from low to middle income countries as well as high-income countries are included. The final paper summarises the effects of these mental disorders on the child, from fetal development to adolescence. Suggestions on research to fill the evidence gap identified are also included and there is an [accompanying commentary](#) which concludes by recommending that interventions for perinatal mental disorders should be a critical part of any new Sustainable Development Goals which are currently under discussion at the United Nations. Another significant evidence synthesis, also involving several Marcé members, was carried out by NICE, the English National Institute for Health and Care Excellence, which formed the basis of recommendations within the updated [Nice Guideline on Antenatal and Postnatal Mental Health](#). A short version of these guidelines are available in a [summary article in the BMJ](#).

#### Documentary Shines Light on Maternal Mental Health

[Dark Side of the Full Moon](#) brings maternal mental health out of the shadows, revealing, for the first time, the inconsistencies of care when new motherhood meets mental health complications. The feature-length documentary, tells the intimate story of maternal mental health complications like pregnancy and postpartum mood and anxiety disorders and psychosis and the failings within the medical community to effectively screen, refer, and treat the more than 1.3 million mothers suffering each year in the United States.



#### Perinatal Mental Health Topics in [AWMH issue December 2014](#) (Vol 17, Number 6) - Marcé Members in Bold

*Full texts in pdf (open access)*

[Neurodevelopmental outcome for offspring of women treated for antenatal depression: a systematic review](#)

**Giovanni Previti**, **Susan Pawlby**, Sahmina Chowdhury, Eugenio Aguglia and **Carmine M. Pariante**

*Abstracts of original papers*

[Decisional conflict among women considering antidepressant medication use in pregnancy](#)

Georgia D. Walton, Lori E. Ross, Donna E. Stewart, S Grigoriadis, **CL Dennis**, **S Vigod**

[Pilot early intervention antenatal group program for pregnant women with anxiety and depression](#)

Naomi Thomas, Angela Komiti, **Fiona Judd**

And [erratum](#)

[Applying polygenic risk scores to postpartum depression](#)

Enda M. Byrne, Tania Carrillo-Roa, Brenda W. J. H. Penninx, Hannah M. Sallis, Alexander Viktorin, Brett Chapman, Anjali K. Henders, Michele L. Pergadia, Andrew C.

Heath, Pamela A. F. Madden, Patrick F. Sullivan, Lynn Boschloo, Gerard van Grootheest, George McMahon, DebbiA. Lawlor, Mikael Landén, Paul Lichtenstein, Patrik K. E.

Magnusson, David M. Evans, Grant W. Montgomery, Dorret I. Boomsma, Nicholas G. Martin, **Samantha Meltzer-Brody**, Naomi R. Wray, Psychiatric Genomic Consortium Major

Depressive Disorder Working Group

[No effect of oral tyrosine on total tyrosine levels in breast milk: implications for dietary supplementation in early postpartum](#)

Yekta Dowlati, Arun V. Ravindran, Maxim Maheux, **Meir Steiner**, Donna E. Stewart, Jeffrey H. Meyer

[Cumulative psychosocial stress, coping resources, and preterm birth](#)

Sheila W. McDonald, **Dawn Kingston**, **Hamideh Bayrampour**, Siobhan M. Dolan, Suzanne C. Tough

[Menopausal status could modulate the association between 5-HTTLPR and antidepressant efficacy in depressed women: a pilot study](#)

**Florence Gressier**, Céline Verstuyft, Patrick Hardy, Laurent Becquemont, Emmanuelle Corruble

[Screening to Treatment: Obstacles and Predictors in Perinatal Depression \(STOP-PPD\) in the Dallas Healthy Start program](#)

Geetha Shivakumar, **Anna R. Brandon**, Neysa L. Johnson, Marlene P. Freeman

[Internet-based stress management for women with preterm labour—a case-based experience report](#)

Sandra Scherer, **Corinne Urech**, Irene Hösl, Sibil Tschudin, Jens Gaab, Thomas Berger, Judith Alder