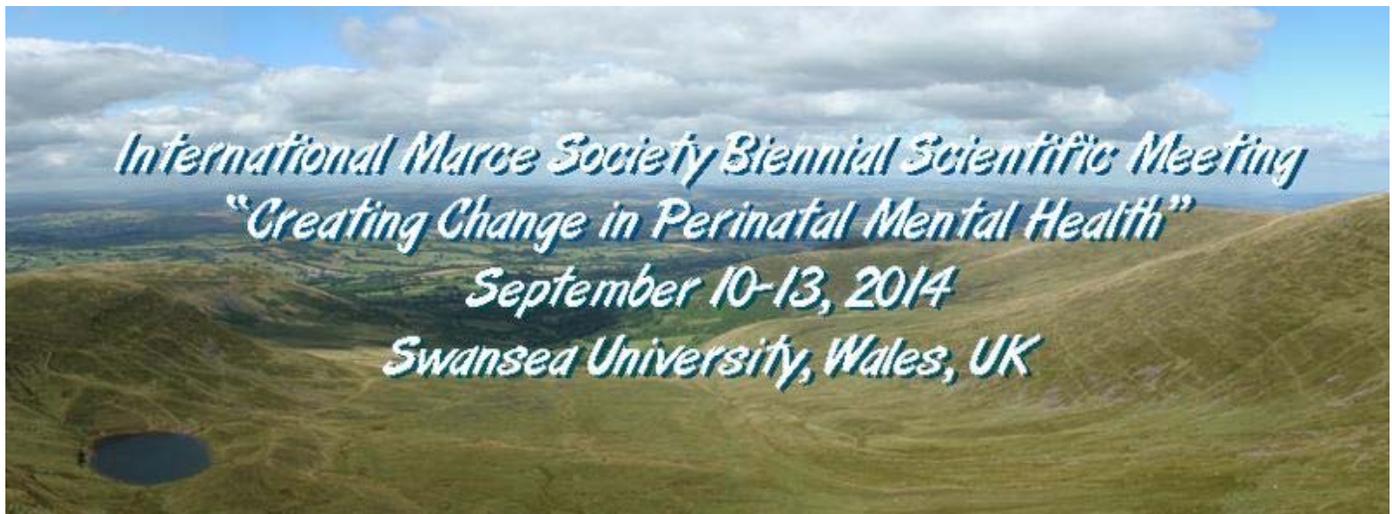


The Marcé Resource Pack

The Marcé Society's Resource Curriculum, the Resource Pack has Four Units that are designed for self-study but uniquely suitable for group work. Unit One is called "Emotions and Feelings", Unit Two is "Psychiatric Illnesses and Emotional Disorders, Unit Three is "Skills and Attitudes" and Unit Four is "In Practice". During this workshop we divided into groups and worked on selected activities from Unit One. It was fascinating to listen to the conversation about "Rituals that mark the transition to parenthood" from diverse perspectives. The content and format of the Marcé Resource Pack provides the basis of excellence in caring for childbearing women and their families. For more information of how you can receive your copy of the Resource Pack, please email us at info@marcesociety.com.

Save the Date!

The International Marcé Society Biennial Scientific Meeting: "Creating Change in Perinatal Mental Health" will be held at Swansea University in Wales, United Kingdom, September 10-13, 2014.



2013 Northwestern Perinatal Mental Health Meeting

Marcé Society Past President Dr. Katherine Wisner is organizing a North American Marcé Society meeting in Chicago, Illinois, November 6-8, 2013. The theme of the meeting is "Perinatal Mental Health: Optimizing Maternal Treatment to Improve Infant Outcomes." The abstract submissions site is now open, [click here](#) to begin your submission! To learn more about the conference, [click here](#).



[Subscribe](#) to our email list

Membership Renewal

Remember to renew your membership! This is the last month you will remain on the listserv and receive the newsletter, if you have not renewed for 2013. To renew now, [click here](#).

International Association of Women's Mental Health**Lima, Peru, March 5, 2013****PERINATAL MENTAL HEALTH: UPDATES FROM THE MARCÉ SOCIETY**

by Dr. Katherine Wisner

Marcé members Vivette Glover (Imperial University UK), Kathie Wisner (Symposium Chair, Northwestern University, Chicago, IL, USA), Mike O'Hara (University of Iowa; IA, USA), and Natalie Rasgon (Stanford University, CA, USA) presented a symposium at the IAWMH conference. The symposium was well-attended! Here are some highlights from the presentations:

Dr. Glover - Maternal anxiety and depression (separately or as comorbid disorders) affect the development of the fetal brain with long term consequences for the child. Mothers who ranked in the top 15% for anxiety or depression symptoms during pregnancy had twice the risk of having a child with a mental disorder through age 13 years. This may be related to changes in the placenta, which becomes more permeable to the stress hormone cortisol. Increased exposure to cortisol in utero is associated with altered fetal brain development.

Dr. Wisner – Women (4 to 6 weeks postpartum) were screened for depression with the EPDS (positive screen= ≥ 10). Screen positive women were evaluated with the Structured Clinical Interview for DSM-4. Ten thousand mothers were screened, 13.96% were positive, 826 (59.2%) completed the home visits. More episodes began postpartum (40.1%), followed by during pregnancy (33.4%), and before pregnancy (26.5). The most common primary diagnoses were Unipolar Depressive Disorders (68.5%) and over two-thirds had comorbid Anxiety Disorders. A striking 22.6% had Bipolar Disorders. Published in JAMA Psychiatry on March 13.

Dr. O'Hara – The objective of this study was to determine the long-term outcomes of women treated for postpartum depression and their children. Dr. O'Hara concluded that even though children of depressed mothers (treated and non-treated with interpersonal psychotherapy) were significantly different on a number of outcomes than children of non-depressed mothers, they often fell within the normal range (based on population norms) on measures of internalizing and externalizing behaviors. Although maternal treatment did not confer significant advantage to the children in this study, parenting interventions both early and later on may bolster the effects of maternal treatment.

Dr. Rasgon – Reviewed the literature on neurohormonal aspects of perinatal depression and reminded us that these endocrine systems are complex and many feedback loops keep delicate balances between them. Our studies usually focus on one endocrine system to the exclusion of the others with which they are intricately tied.

Creating Awareness of Postpartum Depression through Religion

by Nasima Hasam, Ph.D. Dhaka, Bangladesh

In Bangladesh there is a high prevalence of postpartum depression which often remains undiagnosed and untreated. Many studies have indicated that family, social life and mother-baby relationships are affected.

It is believed that religion-based language in health messages may work to improve awareness about the mental and physical health needs of women. Reading verses of the Holy Quran is thought to provide a greater understanding of the role of the family, Taking care of women during and after childbirth is also a great religious duty in this society.

Method

[Subscribe](#) to our email list

Bangladesh were interviewed together with their mother or mother in law.

The mothers were also asked about their knowledge, experience and perceptions related to pregnancy and the birth of the baby. They were also asked about their nutrition, physical problems and mental health following the birth.

A Selection of the verses from the Quran which related to women's health and pregnancy were read to the mothers. The feedback was noted and recorded.

A selection of verses from the Quran which related to women's health and pregnancy were read aloud.

“So she (Mary) conceived him (Jesus), and she retired with him (Jesus) to a remote place.

And the pains of childbirth drove her to the trunk of a palm-tree: She cried (in her anguish): "Ah! Would that I had died before this! Would that I had been a thing forgotten and out of sight!"

But (a voice) cried to her from beneath the (palm-tree): "Grieve not! for thy Lord hath provided a rivulet beneath thee;

"And shake the palm-tree: It will let fall fresh ripe dates upon thee.

"So eat and drink and cool (thine) eye...." [Surah Maryam (19:22-26)]

Interpretation of the verses:

The verses were translated from the Arabic language and simply interpreted in order to convey the message.

The verses indicate the extreme difficulty Mary was experiencing prior and after to the birth of Jesus. She was forsaken by her tribe and society.

ALLAH or GOD the almighty, the Wise took the responsibility to comfort her after the birth of Isa (A) and gave direction the whole humanity for taking good care of woman.

The verses command the husband and relatives to give sincere support and gentle touch to the woman in labour or pregnancy as did the angel who gently and sympathetically talked to Mary.

'Fresh ripe dates and spring water' denote nutritious foods and negates the taboo on taking nutritious foods. Dates and water stands for food and drink (here spring water which is also full of minerals) for mothers, which are full of energy, fiber, minerals etc are needed by a mother of new born. Dates are highly nutrition dense food and gives quick energy too.

The verse invalidates the taboo on the nutritious food and drink of mothers that exists as social customs in many countries. Pregnant women throughout Africa, Asia and Middle East are barred by taboo from eating a variety of foods including eggs, milk, and sometimes even fruits and vegetables. Nutritious food and drink should be selected to support her for extra calorie supply according to area whatever the option is.

'Cool thine eyes' is an idiom in Arabic meaning 'comfort yourself and be glad'.

Touch of water made regenerates and stimulates the mood. (She was asked to cool her eyes either literally to wash her eyes and face. 'Cool your eyes' is an idiom In Arabic meaning 'comfort yourself and be glad'. The literal meaning is also significant. Abdullah Yusuf Ali commented, " She was to cool her eyes (perhaps full of tears) with the fresh water of the rivulet and take comfort that a remarkable baby had been born to her". Otherwise to gladden her heart by seeing the gorgeous new born baby and to wash away her inner grieves by the touch of water by rinsing her face and eyes.

Results

The women were unaware of postpartum depression or low mood following the birth of their baby.

support for mothers' mental and physical health.

Discussion

The voice of angel may be considered as the humble voice of the healthcare provider or birth attendants who must be trained not only in maternal health but also to handle the emotional distress of the woman during pregnancy, labor and afterbirth.

Though the incident of Maryam (Mary) was a miracle, the health care provider, family members or husband might be like an angel to the woman in labor or pregnancy for the sincere care and good behavior that the woman needs badly at that time.

It is possible that Muslim women from lower socio-economic groups can be made aware and supported through postpartum depression by religious teachings and readings from the Quran may be used to improve women's mental health status through sympathetic engagement and support of people around her.

In the News

Perinatal Choline Effects on Neonatal Pathophysiology Related to Later Schizophrenia Risk. To learn more, [click here](#).

Predictors of infant foster care in cases of maternal psychiatric disorders - Social Psychiatry and Psychiatric Epidemiology: Volume 48, Issue 4 (2013), Page 553-561. To learn more, [click here](#).

Update from Italy

by Vania Valoriani

In the last twenty years in Florence we have been researching on Perinatal issues in collaboration with the Maternity Ward of our NHS University Hospital and the Community Services for Family Planning and Health of Florence area.

Particularly, our group has deepened postnatal depression; moreover, we have been studying maternal and paternal experiences during pregnancy and after birth.

We have also had the opportunity to create an Outpatient's service in our Hospital dedicated to perinatal disturbances and women's reproductive problems during the life cycle (adolescence, pregnancy, fertility problems, menopause).

On behalf of the Local Government we have organized and run training groups for midwives, paediatricians and psychiatrists about perinatal mental health and screening of psychopathology and psychosocial problems.

Our research team is trained by international experts to code the main measures for the assessment of adult attachment styles, infant patterns of attachment and early mother-baby interactions.

We participated in the European Study in "Transcultural Study on Post Natal Depression within the European Health Systems: harmonisation of research methods and promotion of mother-child health" funded by EU – Biomed Commission II in 1998, directed and coordinated by Prof. Channi Kumar, IOP Maudsley, King's College, London (UK). The research centres were: France, UK, Italy, Ireland, Portugal, Sweden, Switzerland, Austria, Netherlands, Uganda, Japan, USA. The primary aim of the study was to examine how there may be important variations in key determinants: early childhood experiences, social and family support, marital problems and services implications and costs.

Our group published the Italian validation of EPDS in 1999, that is now the most common depressive questionnaire applied to Italian targeted samples.

We participated to several national research projects and to international research projects, (e.g., European Fund -1998-2001 - coordinated by King's College of London; the University of Florence was the only Italian involved group).

We published many articles, books and chapters in manuals, to see the full list, [click here](#).

[Subscribe](#) to our email list

Barcelona Marcé Meeting

by Ibone Olza

We are happy to announce that the next meeting of Spanish Marcé Society will take place in Barcelona next 8-9th of May 2013. Doctors Gracia Lasheras and Josep M Farré from Dexeus Clinic in Barcelona have coordinated the program which as you will see is very exciting and complete. Marce president Jane Hanley has kindly accepted to join us and give the closing talk. A huge effort has been made to keep registration free of charge, which is important nowadays and which will certainly helps us repeat last years' success with more than 250 people attending and many on waiting list. You can download the program by [clicking here](#), and view the preconference workshops by [clicking here](#). The Spanish Marcé Society meeting will take place at the end of the day.

Papers that may be of Interest to Marcé Members

Marcé member Dr. Mike O'Hara thought the titles below might be of interest to Marcé members.

Postpartum Depression: Current Status and Future Directions

Brief Scales to Detect Postpartum Depression and Anxiety Symptoms

If you would like a copy of either paper, [please email Dr. Mike O'Hara](#).

Upcoming La Teppe Conference

In the framework of its perinatal psychiatry project and in collaboration with the International Marcé Society, Postpartum Support International and other partners, La Teppe Medical Center in France is endorsing a series of ambitious workshops focusing on Perinatal Psychiatry and Interpersonal Psychotherapy.

Organized in a beautiful spot in the South of France, the workshops will be in small groups enabling close contact among the participants. The cost is kept to a minimum.

Below is a detailed presentation of each workshop and a practical information sheet. For more information, or to register, please [Email Dr. Oguz Omay](#).

Register now because places are limited!

1 - *Interpersonal Psychotherapy:*

Disruptive Thinking / Creative Clinical Practices

Trainer: Pr Scott Stuart, M.D., Iowa, USA

Dates: 16 - 17 September 2013 from 9am to 5pm.

2 - Clinical Challenges in Treating Mood Disorders in Perinatal Psychiatry

Trainer: Pr Katherine L. Wisner, M.D., M.S., Chicago, IL USA

Dates: 18 - 19 - 20 September 2013 from 9am to 5pm.

3 - *Postpartum Support International's*

Perinatal Mood Disorders : Components of Care

Trainers: Birdie Gunyon Meyer, R.N., M.A. (Indiana, USA)

Wendy Davis, Ph.D. (Portland, Oregon, USA)

Oguz Omay, M.D. (France)

Dates: 23 - 24 September 2013 from 9am to 5pm.

Is the Introduction of Anonymous Delivery Associated with a Reduction of High Neonaticide Rates in Austria?

[Click here](#) to read this retrospective study.

[Subscribe](#) to our email list

Psychopharmacology

Dear Madam Hanley,

We are pleased with having an official cooperation between International Marcé Society and Turkish Association for Psychopharmacology (TAP).

We would like to inform you that Turkish Association for Psychopharmacology is organizing 5th International Congress on Psychopharmacology and an International Symposium on Child and Adolescent Psychopharmacology in between October 30th and November 3rd of 2013, in Antalya, Turkey. Congress theme for the congress will be "*Improved choices of psychotropic medications: better mental health outcomes.*"

We would like to include a "*Joint-Symposium*" between Marcé Society and TAP, into our congress program. We believe that we can create an excellent synergy between our members, working together for our causes.

Please [click here](#) to find our official invitation letter and if you might have any questions or you would like to receive more information, please feel free to reach us (Also our executive secretary Mr. Bora Erdem and our 2013 event organization secretariat Mrs. Senem Okcu might also contact you for further information).

I am looking forward to receiving your valuable proposals, contributions, and participation in this congress.
Sincerely,

Mesut Cetin, MD
Professor of Psychiatry
President of TAP & 5th ICP

Save the Date!

The 8th European Family Therapy Association Congress will be held 24 – 27 October 2013, in Istanbul Turkey. [Click here](#) to learn more.

The 26th Annual Postpartum Support International (PSI) Conference: Innovation and Advocacy to Support the Mental Health of Pregnant and Postpartum Families will be held 21 – 22 June 2013 in Minneapolis, Minnesota . [Click here](#) to learn more.

The 5th International Congress on Psychopharmacology and an International Symposium on Child and Adolescent Psychopharmacology will be held 30 October – 3 November 2013 in Antalya, Turkey. [Click here](#) to learn more.

What's in the Journal?

Below are a few selected papers that were recently featured in the Archives of Women's Mental Health. A gold level membership for Marcé enables you to receive this outstanding publication for our field!

[Impact of a Preventive Intervention for Perinatal Depression on Mood Regulation, Social Support, and Coping](#)

[Validity of Somatic Symptoms as Indicators of Depression in Pregnancy](#)

[Factor Structure and Longitudinal Invariance of the Center for Epidemiological Studies Depression Scale \(CES-D\) in Adult Women: Application in a Population-based Sample of Mothers of Children with Epilepsy](#)



[Subscribe](#) to our email list