

11<sup>th</sup> International Conference and Exhibition on

# Pharmacovigilance & Drug Safety

June 21-22, 2018 | London, UK

## Mental health treatment preferences among Israeli postpartum mothers

Meital Simhi, Orly Sarid and Julie Cwikel  
Ben Gurion University of the Negev, Israel

The prevalence of Post-Partum Depression (PPD) is 10-20% among new mothers, with rates higher among low income and immigrant populations. Most women do not get treatment for PPD. Antidepressants for women is usually given by a psychiatrist or family physician. The treatment includes selective antidepressants of the Selective Serotonin Reuptake Inhibitor (SSRI) group, which regulates the absorption of serotonin. Among the drugs offered are Lexapro, Lustral, Seroxet, Prozac, and Effectin.

The aims of the current study were: 1) describe the preferences for getting mental health treatment for PPD across three dimensions: type of treatment, profession of service provider, and service delivery mode 2) characterize the preferences by elements of health beliefs, health status and cultural group.

**Methodology:** 1000 women who attended Maternal Child Health Clinics in the Rehovot sub-district for a first medical exam of their infant (9 weeks postpartum) participated in a cross-sectional survey.

Data analysis methods: Standard bivariate and multivariate procedures using SPSS.

**Results:** In this sample, 10.6% of the respondents suffered from PPD as measured by the Edinburgh Postnatal Depression Scale (EPDS), scoring over 9 on EPDS. Depressed mothers were characterized by low income, ( $p \leq 0.001$   $r = 0.17$ ), and medical problems during pregnancy ( $p \leq 0.001$   $r = 0.11$ ). 14.4% of the participants had family psychiatric history, 8.9% of the participants suffered from chronic diseases and 8.2% were taking regular medication. Women who breastfed their infants did not preferred medication treatment ( $r = -0.14$ ,  $p \leq 0.05$ ). Women treated with medication compared to women who did not receive medication preferred to receive professional help in a community treatment centers, ( $F(3,993) = 2.68$ ,  $p \leq .05$ ), while women who were treated in conversations and medical treatment preferred to receive private mental health ( $F(3,993) = 3.91$ ,  $p \leq .05$ ), delivered by mental health professionals ( $F(3,993) = 6.11$ ,  $p \leq .001$ ) and to receive face-to-face treatment ( $F(3,993) = 5.48$ ,  $p \leq .001$ ). Depressed mothers were less likely to prefer treatment in the community treatment center, and they often preferred not to seek treatment at all ( $r = -0.09$ ,  $p \leq 0.01$ ). In conclusions, women who suffer from PPD represent a high-risk population who can significantly benefit from suitable, accessible treatment. This research clearly indicates the preferences of women in terms of where to receive treatment, from what type of professionals and in which modality.

### Biography

Meital Simhi is a PhD student in the faculty of humanities and social sciences at Ben Gurion University. She holds a BA and MA in Social Work from Ben Gurion University. Her PhD study dealt with the relationship between social-demographic characteristics, health beliefs and treatment preferences for PPD among Israeli postpartum mothers. She has presented her thesis results at several conferences. Her PhD research proposal won awards from the ISEF Committee for excellence in education as an outstanding PhD student and from "NA'AMAT", the movement of working women and volunteers, as research that promotes the status of women's health.

osaadon@post.bgu.ac.il

### Notes: