Effective Interventions for Postpartum Depression Among Adolescents: A Systematic Review

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Introduction:
Adolescent Postpartum Depression

- PPD affects up to 60% of teen moms1
- Hormonal changes, daily stressors, lack of support and neurodevelopmental stage increases PPD risks
- Worldwide, teen mothers and their infants are at risk for premature delivery, low birth weight, and many other serious health problems, including death2
- Early identification and treatment is vital, as untreated PPD presents chronic health risk to mom and baby, including developmental delays and chronic depression
- Limited evidence-based research exists regarding effective treatments for adolescent PPD resulting in significant numbers left untreated3

This systematic review was conducted to synthesize the evidence regarding tested interventions to prevent or treat adolescent PPD

Purpose:
Conduct a systematic review of the literature to examine interventions designed to prevent or reduce postpartum depression in adolescent mothers

Design:
PubMed, MEDLINE, CINHAL, PsychINFO, Alternate sources

Key Words: postpartum depression, depressive disorder, adolescent, adolescent mothers, interventions, randomized controlled trials

Methods:
Inclusion criteria: Research published between 2001-2014, reported in English, randomized controlled trial or quasi-experimental study, assessing interventions to prevent or treat PPD in pregnant or parenting adolescents, aged 14-19
Exclusion criteria: Case reports, non-experimental studies, secondary data analysis and studies without full text available

Data Collection: As identified in the PRISMA diagram, titles and abstracts were reviewed by 2 of 4 authors and if there was a disagreement the article was included. All authors reviewed articles meeting inclusion criteria.

Data Analysis: Using the Metrix Approach for cross-study comparison of purpose, sample and dependent variables, CASP used to address quality of evidence and risk of bias interventions and Results addressed in the table to right

Theoretical Framework: Social Determinants of Health addressing environmental impact on PPD risk

Results:
- 5 studies met inclusion criteria1,4,5
- 401 Pregnant 13-19 year olds or adolescent mothers
  * n=77 African Americans (AA)
  * n=55 Hispanic
  * n=77 Apache American Indian (AI)
  * n=25 Caucasian
  * n=302 were not identified
- Settings varied: AI reservation4,5 and urban1,4,5
- Various instruments to assess PPD, self esteem, social support and global functioning, with most widely used screening tools: CES-D1,4,5 and EDDS4,5

PRISMA Flow Diagram

Conclusions:
- Limited number (5) studies addressing the efficacy of interventions to prevent or treat PPD in adolescents
- REACH educational program has the potential to decrease risk for PPD6
- Cognitive Behavioral Therapy (CBT), Interpersonal Psychotherapy/Pregnant Adolescent (IPT/PA) and Educational Programs are effective treatment options3,4,5
- Enhancing social support in combination with therapy or education is also an effective treatment option
- Therefore, combinations of treatment intervention may improve outcomes
- It is suggested that accessibility, ease of use and ease of follow up are considered important for successful use of all interventions
- Social support must match adolescent need or expectation or may increase risk of PPD1

Implications:
- This systematic review identified the need for high quality evidence-based research, specific to this age group
- Also identified the need for additional treatment strategies for this population
- Identified the lack of evidence-based psychopharmacological treatments for this population
- The nursing profession is challenged with the goal of identifying both psychopharmacological and non-pharmacological PPD prevention and treatment options acceptable to teens during pregnancy and postpartum

References

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