

## **The effectiveness of interventions to prevent postnatal depression: HTA systematic review, evidence synthesis and meta-analysis**

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**Background/Objectives:** Postnatal depression (PND) is a major depressive disorder in the year following childbirth, which impacts on women, their infants and their families. A range of interventions have been developed to prevent PND. We aimed to evaluate the clinical effectiveness of antenatal and postnatal interventions for pregnant and postnatal women to prevent PND.

**Methods:** We applied rigorous methods of systematic reviewing of quantitative studies, evidence synthesis and decision-analytic modelling to evaluate the preventive impact on women, infants and families. Two reviewers independently screened titles and abstracts with consensus agreement. We undertook quality assessment. Preventive interventions for pregnant women and women in the first 6 postnatal weeks were included. All outcomes were included. The quantitative evidence was synthesised using network meta-analyses.

**Results:** From 3072 records identified, 122 papers (86 trials) were included in the quantitative review. The results were inconclusive. The most beneficial interventions appeared to be midwifery redesigned postnatal care, person-centred approach-based and cognitive-behavioural therapy-based intervention, interpersonal psychotherapy-based intervention, education on preparing for parenting, promoting parent-infant interaction, and peer support.

**Discussion/Conclusions:** Interventions warrant replication within randomised controlled trials.

**Key words:** Preventive interventions, postnatal depression, systematic review and meta-analysis

**References:** Morrell CJ, Sutcliffe P, Booth A, Stevens J, Scope A, Stevenson M, et al. A systematic review, evidence synthesis and meta-analysis of quantitative and qualitative studies evaluating the effectiveness, cost-effectiveness, safety and acceptability of interventions to prevent postnatal depression. *Health Technol Assess* 2016;20(X).