Depression Management and SSRI Use in Pregnancy

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**Educational Objectives**

- Participant will be able to describe the epidemiology of depression in pregnancy and the postpartum period.
- Participant will be able to understand the adverse maternal, neonatal, and long-term childhood outcomes of depression.
- Participant will be able to describe the diagnostic criteria for depression and effective screening strategies for depression in pregnancy.
- Participant will be able to describe the risks and benefits of various treatment options for depression in pregnancy and lactation.

**Outline**

1. Epidemiology of depression during pregnancy and the postpartum period.
2. Risk factors for depression during pregnancy.
3. Adverse outcomes associated with depression.
   - Maternal
   - Neonatal
   - Long-term
4. Diagnostic criteria for depression.
5. Screening tools for depression.
6. Risks of various treatment option for depression during pregnancy and lactation.
   - Behavioral therapy and psychotherapy
   - Electroconvulsive therapy
   - Pharmacologic
     i. Tricyclic antidepressants
     ii. Serotonin norepinephrine reuptake inhibitors
     iii. Selective serotonin reuptake inhibitors (SSRI)
       1. Birth defects
       2. Persistent pulmonary hypertension of the newborn
       3. Neonatal adaptation syndrome
       4. Autism spectrum disorders