

Comparison: Screening for common mental disorders (CMDs: depression, anxiety) in the postpartum period compared with no screening or usual care

Source: Waqas A, Kokab A, Meraj H, Dua T, Chowdhary N, Fatima B, et al. Screening programs for common maternal mental health disorders among perinatal women: report of the systematic review evidence. BMC Psychiatry. 2022;22(1):54. doi:10.1186/s12888-022-03694-9.

Certainty assessment							No of patients		Effect		Certainty (GRADE)	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Screening for CMDs	No screening or usual care	Relative (95% CI)	Absolute (95% CI)		
Rate of postpartum depression – RCTs												
4	randomized trials	very serious ^a	not serious	not serious	not serious	none	500/1648 (30.3%)	604/1516 (39.8%)	OR 0.53 (0.45 to 0.62)	67 fewer per 1000 (from 79 fewer to 53 fewer)	⊕⊕○○ LOW	CRITICAL
Rate of postpartum depression – quasi-RCTs												
2	observational studies	serious ^b	not serious	not serious	not serious	strong association	76/3359 (0.2%)	73/1651 (4.4%)	OR 0.30 (0.24 to 0.48)	31 fewer per 1000 (from 33 fewer to 22 fewer)	⊕⊕○○ LOW	CRITICAL
Postpartum anxiety rate – RCTs												
1	randomized trials	not serious	not serious	not serious	not serious	none	271	294	-	SMD 0.28 SD fewer (0.44 fewer to 0.11 fewer)	⊕⊕⊕⊕ HIGH	CRITICAL
Postpartum anxiety rate – quasi-RCTs												
1	observational studies	very serious ^a	not serious	not serious	not serious	none	1843	1540	-	SMD 0.17 SD fewer (0.24 fewer to 0.09 fewer)	⊕○○○ VERY LOW	CRITICAL
Quality of life – RCTs												
2	randomized trials	very serious ^a	not serious	not serious	not serious	none	1072	996	-	SMD 0.24 SD more (0.11 more to 0.38 more)	⊕⊕○○ LOW	CRITICAL

Certainty assessment							No of patients		Effect		Certainty (GRADE)	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Screening for CMDs	No screening or usual care	Relative (95% CI)	Absolute (95% CI)		

Quality of life – quasi-RCTs

1	observational studies	very serious ^a	not serious	not serious	not serious	none	1843	1246	-	SMD 0.04 SD more (0.12 more to 0.26 more)	⊕○○○ VERY LOW	CRITICAL
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Marital satisfaction – RCTs

2	randomized trials	not serious	not serious	not serious	serious ^c	none	-/553	-/464	OR 0.56 (0.205 to 1.525)	not reported ^d	⊕⊕⊕○ MODERATE	CRITICAL
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Parental stress – RCTs

3	randomized trials	not serious	not serious	not serious	not serious	none	-/758	-/824	OR 0.57 (0.45 to 0.74)	not reported ^d	⊕⊕⊕⊕ HIGH	CRITICAL
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Parental stress – quasi-RCTs

1	observational studies	serious ^b	not serious	not serious	serious ^c	none	128	626	-	MD 0.14 SD fewer (0.39 fewer to 0.13 more)	⊕○○○ VERY LOW	CRITICAL
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Treatment seeking practices – RCTs

2	randomized trials	not serious	very serious ^e	not serious	not serious	none	231/553 (41.8%)	81/464 (17.5%)	OR 3.45 (2.52 to 4.70)	247 more per 1000 (from 173 more to 324 more)	⊕⊕○○ LOW	CRITICAL
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CI: confidence interval; OR: odds ratio; RCT: randomized controlled trial; RR: risk ratio; SMD: standardized mean difference.

a. Most of the pooled effect provided by trials “B” or “C” but with a substantial proportion (i.e. > 50%) from studies “C”.

b. Most of the pooled effect provided by studies “B” or “C” but without a substantial proportion (i.e. < 50%) from studies “C”.

c. Wide confidence interval crossing the line of no effect.

d. Information on total number of events not available from original trials.

e. Statistical heterogeneity ($I^2 \geq 60\%$ or $\text{Chi}^2 \leq 0.05$).