

Comparison: Interventions to prevent common mental disorders (CMDs: depression, anxiety) in the postpartum period, delivered at any time, compared with no intervention or usual care

Source: Waqas A, Kokab A, Meraj H, Dua T, Chowdhary N, Fatima B, et al. Prevention of common mental disorders among women in the perinatal period: a critical mixed-methods review and meta-analysis. Global Mental Health (in press).

							No of patients		Effect		Certainty (GRADE)	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Interventions to prevent CMDs	No intervention or usual care	Relative (95% CI)	Absolute (95% CI)		
<b>Rate of postpartum depression – any timepoint</b>												
9	randomized trials	serious <sup>a</sup>	not serious	not serious	not serious	none	78/896 (8.7%)	119/935 (12.7%)	<b>OR 0.61</b> (0.38 to 0.99)	<b>45 fewer per 1000</b> (from 75 fewer to 2 fewer)	⊕⊕⊕○ MODERATE	CRITICAL
<b>Depression severity – any timepoint</b>												
38	randomized trials	serious <sup>a</sup>	serious <sup>b</sup>	not serious	not serious	none	10 761	9808	-	<b>SMD 0.29 lower</b> (0.44 lower to 0.15 lower)	⊕⊕○○ LOW	CRITICAL
<b>Rate of anxiety disorder – any timepoint</b>												
4	randomized trials	not serious	serious <sup>b</sup>	not serious	not serious	none	66/470 (14.0%)	124/487 (25.5%)	<b>OR 0.20</b> (0.04 to 0.89)	<b>192 fewer per 1000</b> (from 240 fewer to 21 fewer)	⊕⊕⊕○ MODERATE	CRITICAL
<b>Anxiety severity – any timepoint</b>												
9	randomized trials	not serious	serious <sup>b</sup>	not serious	not serious	none	906	890	-	<b>SMD 0.79 lower</b> (1.30 lower to 0.28 lower)	⊕⊕⊕○ MODERATE	CRITICAL
<b>Marital discord – any timepoint</b>												
7	randomized trials	not serious	serious <sup>b</sup>	not serious	not serious	none	787	776	-	<b>SMD 0.33 SD lower</b> (0.54 lower to 0.12 lower)	⊕⊕⊕○ MODERATE	IMPORTANT

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№ of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Interventions to prevent CMDs	No intervention or usual care	Relative (95% CI)	Absolute (95% CI)		
<b>Perceived social support – any timepoint</b>												
9	randomized trials	serious <sup>a</sup>	not serious	not serious	serious <sup>c</sup>	none	4589	3827	-	SMD <b>0.002 higher</b> (0.05 lower to 0.05 higher)	⊕⊕○○ LOW	IMPORTANT
<b>Maternal infant attachment – any timepoint</b>												
6	randomized trials	serious <sup>a</sup>	not serious	not serious	not serious	none	1024	1054	-	SMD <b>0.11 SD lower</b> (0.20 lower to 0.02 lower)	⊕⊕⊕○ MODERATE	IMPORTANT
<b>Rates of exclusive breastfeeding – any timepoint</b>												
1	randomized trials	serious <sup>a</sup>	not serious	not serious	serious <sup>c</sup>	none	395/1206 (32.8%)	402/1232 (32.6%)	<b>OR 1.02</b> (0.81 to 1.27)	<b>3 more per 1000</b> (from 44 fewer to 54 more)	⊕⊕○○ LOW	IMPORTANT
<b>Rates of optimum breastfeeding initiation – any timepoint</b>												
2	randomized trials	serious <sup>a</sup>	not serious	not serious	serious <sup>c</sup>	none	300/595 (50.4%)	302/615 (49.1%)	<b>OR 1.10</b> (0.90 to 1.33)	<b>23 more per 1000</b> (from 25 fewer to 71 more)	⊕⊕○○ LOW	IMPORTANT
<b>Paternal stress – any timepoint</b>												
4	randomized trials	not serious	serious <sup>b</sup>	not serious	serious <sup>c</sup>	none	302	290	-	SMD <b>0.07 SD higher</b> (0.21 lower to 0.34 higher)	⊕⊕○○ LOW	IMPORTANT
<b>Maternal dissatisfaction – any timepoint</b>												
8	randomized trials	serious <sup>a</sup>	serious <sup>b</sup>	not serious	not serious	none	2092	1915	-	SMD <b>0.36 SD lower</b> (0.60 lower to 0.12 lower)	⊕⊕○○ LOW	IMPORTANT
<b>Mental health treatment seeking – any timepoint</b>												
2	randomized trials	serious <sup>a</sup>	serious <sup>b</sup>	not serious	very serious <sup>c,d</sup>	none	10/101 (9.9%)	22/96 (22.9%)	<b>OR 0.69</b> (0.20 to 2.37)	<b>60 fewer per 1000</b> (from 174 fewer to 185 more)	⊕○○○ VERY LOW	IMPORTANT

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No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Interventions to prevent CMDs	No intervention or usual care	Relative (95% CI)	Absolute (95% CI)		
<b>Rate of postpartum depression – antenatal only</b>												
2	randomized trials	very serious <sup>a</sup>	not serious	not serious	very serious <sup>c, d, f</sup>	none	3/111 (2.7%)	12/114 (10.5%)	<b>OR 0.25</b> (0.03 to 1.83)	<b>77 fewer per 1000</b> (from 101 fewer to 72 more)	⊕○○○ VERY LOW	CRITICAL
<b>Rate of postpartum depression – antenatal and postpartum</b>												
5	randomized trials	serious <sup>a</sup>	not serious	not serious	serious <sup>c</sup>	none	43/284 (15.1%)	68/310 (21.9%)	<b>OR 0.57</b> (0.27 to 1.18)	<b>82 fewer per 1000</b> (from 29 more to 768 more)	⊕⊕○○ LOW	CRITICAL
<b>Rate of postpartum depression – postpartum only</b>												
2	randomized trials	not serious	not serious	not serious	serious <sup>c</sup>	none	32/501 (6.4%)	39/511 (7.6%)	<b>OR 0.82</b> (0.48 to 1.41)	<b>13 fewer per 1000</b> (from 38 fewer to 28 more)	⊕⊕⊕○ MODERATE	CRITICAL
<b>Depression severity – antenatal only</b>												
9	randomized trials	serious <sup>a</sup>	serious <sup>b</sup>	not serious	not serious	none	1614	1392	-	<b>SMD 0.70 lower</b> (1.17 lower to 0.24 lower)	⊕⊕○○ LOW	CRITICAL
<b>Depression severity – antenatal and postpartum</b>												
14	randomized trials	serious <sup>a</sup>	not serious	not serious	not serious	none	1738	1747	-	<b>MD 0.10 lower</b> (0.20 lower to 0.01 lower)	⊕⊕⊕○ MODERATE	CRITICAL
<b>Depression severity – postpartum only</b>												
15	randomized trials	serious <sup>a</sup>	serious <sup>b</sup>	not serious	serious <sup>c</sup>	none	7409	6669	-	<b>SMD 0.25 lower</b> (0.51 lower to 0.01 higher)	⊕○○○ VERY LOW	CRITICAL
<b>Anxiety severity – antenatal only</b>												
3	randomized trials	very serious <sup>e</sup>	serious <sup>b</sup>	not serious	not serious	none	229	203	-	<b>SMD 1.43 lower</b> (2.22 lower to 0.65 lower)	⊕○○○ VERY LOW	CRITICAL

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**Anxiety severity – antenatal and postpartum**

2	randomized trials	not serious	not serious	not serious	very serious <sup>c, g</sup>	none	85	86	-	SMD <b>0.20 lower</b> (0.50 lower to 0.11 higher)	⊕⊕○○ LOW	CRITICAL
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**Anxiety severity – postpartum only**

4	randomized trials	not serious	serious <sup>b</sup>	not serious	not serious	none	592	601	-	SMD <b>0.45 lower</b> (0.88 lower to 0.02 lower)	⊕⊕⊕○ MODERATE	CRITICAL
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CI: confidence interval; MD: mean difference; OR: odds ratio; SMD: standardized mean difference.

a. Most of the pooled effect provided by studies “B”.

b. Severe, unexplained, heterogeneity ( $I^2 \geq 60\%$  or  $\text{Chi}^2 < 0.05$ ).

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

d. Less than 300 women.

e. Most of pooled effect provided by studies “C”.

f. Less than 30 events.

g. Less than 400 participants.