

Depression during pregnancy as a risk factor for preeclampsia : A prospective study

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The Egyptian Journal of Psychiatry (Print)

2006 v25 n2

The purpose of this study was to examine if depression occurring early and late during pregnancy is associated with preeclampsia in a sample of healthy pregnant females. In a prospective observational study over a period of one year, 100 nulliparous women with singleton pregnancies were recruited and followed up longitudinally from early pregnancy to the end of gestation.

They underwent comprehensive neuropsychiatric evaluation using the psychiatric and clinical obstetric data sheets with the outcome of pregnancy known in all cases, and depression was rated using the Beck depression inventory (BDI). The level of depression was measured at baseline (12 to 17 weeks' gestation) and in late pregnancy (30 to 33 weeks' gestation). Preeclampsia was defined as elevated blood pressure (BP) (more than 140/100 mmHg) and proteinuria (0.3 g during 24 hours or more) after 20 weeks' gestation.

Age, marital status, educational level, profession and social status were analyzed as potentially confounding factors in The study concluded that depression in pregnancy is strongly linked with the risk for subsequent preeclampsia. It is possible that the identification and treatment of depression during pregnancy may be a mean of preventing and managing preeclampsia.