



Interventions for the prevention of postpartum depression in adolescent mothers: a systematic review

Bussara Sangsawang¹ · Chintana Wacharasin² · Nucharee Sangsawang¹

Received: 8 March 2018 / Accepted: 8 August 2018 / Published online: 16 August 2018
© Springer-Verlag GmbH Austria, part of Springer Nature 2018

Abstract

Postpartum depression (PPD) is a major public health problem affecting 10–57% of adolescent mothers which can affect not only adolescent mothers but also their infants. Thus, there is a need for interventions to prevent PPD in adolescent mothers. However, recent systematic reviews have been focused on effective interventions to prevent PPD in adult mothers. These interventions may not necessarily be applicable for adolescent mothers. Therefore, the purpose of this review was to examine the effectiveness of the existing interventions to prevent PPD in adolescent mothers. A systematic search was performed in MEDLINE, CINAHL, and SCOPUS databases between January 2000 and March 2017 with English language and studies involving human subjects. Studies reporting on the outcomes of intervention to prevent PPD particularly in adolescent mothers were selected. Non-comparative studies were excluded. From 2002 identified records, 13 studies were included, reporting on 2236 adolescent pregnant women. The evidence from this systematic review suggests that 6 of 13 studies from both psychological and psychosocial interventions including (1) home-visiting intervention, (2) prenatal antenatal and postnatal educational program, (3) CBT psycho-educational, (4) the REACH program based on interpersonal therapy, and (5) infant massage training is successful in reducing rates of PPD symptoms in adolescent mothers in the intervention group than those mothers in the control group. These interventions might be considered for incorporation in antenatal care interventions for adolescent pregnant women. However, this review did not find evidence identifying the most effective intervention for preventing postpartum depression symptoms in adolescent mothers.

Keywords Adolescent mothers · Intervention · Postpartum depression · Prevention · Systematic review

Introduction

Postpartum depression (PPD) among adolescent mothers is an important public health problem which is defined as “a major depressive disorder with onset during pregnancy or within the first four weeks after delivery” (American Psychiatric Association 2013). Adolescent mothers are at greater risk for developing PPD than adult mothers during the initial

parenting period (DeVito 2007; Figueiredo et al. 2006; Kingston et al. 2012; Lanzi et al. 2009) because adolescent mothers encounter many challenges to meeting infant needs and transitioning to the new maternal role (Anglely et al. 2015; Lanzi et al. 2009). Several studies have indicated that adolescent mothers have higher prevalence of PPD than adult mothers with incidence rates reported at 14–32% and 7.2–16%, respectively (Figueiredo et al. 2007; Kim et al. 2014; Mollborn and Morningstar 2009; Wahn and Nissen 2008). Therefore, approximately 10–57% of adolescent mothers experience PPD after delivery (Birkeland et al. 2005; Meltzer-Brody et al. 2013; Schmidt et al. 2006; Venkatesh et al. 2014).

PPD is associated with poor maternal and infant outcomes (Hayes and Muller 2004). Adolescent mothers' depression may affect their ability to provide care, parenting, and nurturing for their infants while further affecting the mothers' overall life skills (Morrell 2006). Consequently, PPD is associated with adverse effects on maternal-infant attachment and

✉ Bussara Sangsawang
twinnui@hotmail.com; bussara@swu.ac.th

¹ Department of Maternal-Child Nursing and Midwifery Nursing, Srinakharinwirot University, 63 M.7 Rangsit-Nakhonnayok Rd., Nakhonnayok 26120, Thailand

² Department of Pediatrics Nursing, Faculty of Nursing, Burapha University, Saen Suk, Chon Buri, Thailand