

## P01-287

### LIFE EVENTS AND SOCIAL SUPPORT DURING PREGNANCY: ARE THEY RELATED TO DEPRESSIVE SYMPTOMS IN IMMEDIATE POSTPARTUM?

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**Introduction:** Pregnancy and postpartum both imply high risk for developing psychiatric disorders in women.

**Aims:** To study the relationship between life events (LE) and social support degree (SS) during pregnancy and depressive symptoms in early postpartum period.

**Method:** A cross-sectional study of 309 consecutive Spanish women, evaluated the second day postpartum. They were all over 18 years old and have signed the informed consent. We excluded: illiteracy, cognitive impairment or severe medical illness, psychiatric disorders during pregnancy and decease of the newborn. We collected socio-demographic and obstetrical data, as well as family and personal psychiatric history, the Edinburgh Postnatal Depression Scale (EPDS), LE (Saint Paul Ramsey) and SS (DUKE-UNK).

**Results:** Mean age (SD) was 31.6 (4.7). Most of women were married, had intermediated or high level of education. Sixty-one percent were primiparous. Twenty-six percent had family history and 22% had personal psychiatric history. Mean (SD) of LE was 0.95 (0.89) and of SS was 53.1 (7.6). The prevalence of depressive symptoms according to EPDS scores was 18%. This subgroup of depressed women had more psychiatric family history ( $p=0.046$ ), less LE ( $p< 0.001$ ) and more SS during pregnancy ( $p=0.048$ ). Logistic regression analysis showed that SS was the only significant variable (OR=1.085; 95%CI=0.997-0.994;  $p=0.001$ ). LE did not achieve statistical significance (OR=1.085; 95%CI=0.997-1.180;  $p=0.059$ ).

**Conclusions:** Low social support degree during pregnancy is associated with depressive symptoms during immediate postpartum. This study has been done in part with grants Instituto Carlos III: G03/184, FIS: PI04178; 05/2565.