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**Evolution of Depressive Symptoms From Pregnancy to the 12th Month Postpartum – a Prospective Study with Non-depressed Women**

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**Objectives:** To investigate in non-depressed perinatal women, which Beck Depression Inventory-II (BDI-II) and Postpartum Postpartum Depression Screening Scale (PDSS) scores and proportions of symptomatic items significantly differ through the perinatal period.

**Methods:** 273 women were assessed with the Diagnostic Interview for Genetic Studies, BDI-II and the PDSS at the third trimester of pregnancy/T0 (mean age = 29.42 ± 7.159 years; mean weeks gestation = 32.6 ± 3.61), three/T1, six/T2 and twelve/T3 months postpartum.

**Results:** Significantly higher scores in T0 than in T1/T2/T3 and in T1 than in T2/T3 were found for: Total PDSS, Sleeping-Eating Disturbances, Emotional Liability, Total BDI-II and its dimension Somatic-Anxiety. Only T0 and T1/T2 did not significantly differ in Anxiety/Insecurity, Mental Confusion, and Loss of Self. In Guilty/Shame only T1 was significantly higher than T3. Suicidal thoughts were significantly higher in T0 than T1 and lower in T1 than T2/T3.

The proportions of symptomatic items systematically and significantly decreased from T0 to T3 in changes of sleep, loss of interest in sex, feeling overwhelmed. Significantly higher symptomatic proportions in T0 than in all post-partum moments were found for: loss of energy, irritability, fatigue, changes in appetite, crying, indecisiveness and worthlessness (these last three also higher in T1 than in T3). Agitation was significantly higher in T1 than in T0. All the cognitive-affective symptoms from BDI-II and PDSS did not differ.

**Conclusion:** From pregnancy to the twelfth month postpartum the depressive symptomatology, particularly somatic-affective symptoms, significantly decreased. However even for the women who are not clinically depressed, the perinatal period requires considerable psychological adjustment.