

Postpartum depressive symptoms fell in 2004 to 2012

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(HealthDay)—From 2004 to 2012 there was a decrease in postpartum

depressive symptoms (PDS), according to research published in the Feb. 17 issue of the U.S. Centers for Disease Control and Prevention's *Morbidity and Mortality Weekly Report*.

Jean Y. Ko, Ph.D., from the CDC in Atlanta, and colleagues described self-reported PDS overall, by reporting state, and by selected sociodemographic factors using data from the Pregnancy Risk Assessment Monitoring System for 2004, 2008, and 2012.

The researchers found that from 2004 to 2012 there was a decrease in the prevalence of PDS in 13 states with data for all three periods (14.8 to 9.8 percent; P

"Although the study did not investigate reasons for the decline, better recognition of risk factors for depression and improved screening and treatment before and during pregnancy, including increased use of antidepressants, might have contributed to the decline," the authors write.

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