

Symposium | MDD : [Symposium 13] Knowledge for good practice of mood disorders

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(Conference Room C)

[Symposium 13] Knowledge for good practice of mood disorders

Moderator: Shigenobu Kanba (Kyushu University)

[SY-13-01] Diagnosis and Treatment of Perinatal Depression and Bipolar Disorder Patients: Insights from the Clinical Guide for Women with Mental Health Problems during the Perinatal Period

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Perinatal women experience significant physical, mental, and social changes, which heighten their risk of developing mental health issues, particularly depression and bipolar disorder. In Japan, for instance, approximately 70% of maternal deaths during the perinatal period are attributed to suicide driven by mental disorders. Recognizing the gravity of this issue, the Japanese government introduced a postpartum health checkup program in 2017, utilizing the Edinburgh Postnatal Depression Scale to assess depressive states. However, the approach to identifying women who require medical intervention and support remained ambiguous. To address this, we have identified both risk and protective factors for postpartum depression, suicidal ideation, and diminished emotional bonding between mother and child through our research in a prospective cohort of perinatal women. It is crucial to highlight that many perinatal women avoid psychiatric consultations and subsequently commit suicide despite being assessed as needing psychiatric care and receiving appropriate recommendations. One of the main reasons for their reluctance is concern over the teratogenic effects of psychotropic medications and their transfer to breast milk. Establishing a solid therapist-patient relationship, foundational during the treatment induction phase, involves listening empathetically to the patient's concerns. It is then essential for therapists to reassure the patient that their feelings are understandable given their circumstances—this process is known as "validation of perception." Achieving such validation requires an understanding of the reasons behind the worries of depressed perinatal women. In this lecture, I will discuss strategies for collaborating with various healthcare professionals, including gynecologists, to support depressed perinatal mothers. This discussion will be based on the "Clinical Guide for Women with Mental Health Problems during the Perinatal Period," developed through the cooperation of the Japanese Society of Psychiatry and Neurology and the Japan Society of Obstetrics and Gynecology.