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The outcome of eating disorders (EDs): Relapse during pregnancy and after delivery and postpartum depression among women recovered from EDs

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Background: EDs are common mental disorders during puberty and pregnancy when physical and psychological change occurred. However, EDs could be pregnant and having baby. We investigated among women completely recovered from EDs, we found some influenced factors and for ED relapse, Postpartum depression and Child and maternal complications. For 10 years, 55ED patients had ED recovery and pregnant. Of them 25 consented to participate in this study.

Objective: To identify ED relapse during pregnancy and after-birth and postpartum depression and to identify the association between ED relapse and postpartum depression.

Methods: We used Eating Attitudes Test26 (Eat-26) and Edinburgh Postnatal Depression Scale (EPDS) in Japanese version. We used two-sided unpaired test for statistical analysis. We made two groups, one was temporary relapse group(ED relapse during pregnancy) and the other was non-relapse group. These two groups are compared for postpartum depression rate, ED relapse rate and Infant weight etc.

Results: In total, ED relapse after delivery was 50%, postpartum depression rate was 50%. Infant weight was heavier in non-depression group than postpartum depression group. Although sample size was very small, we found various kinds of complications, such as placenta previa and kidney stones.

Conclusions: We found the rate of ED relapse and that of suffering from postpartum depression were remarkable in this population, suggesting the necessity for long-term follow-up for EDs.

References

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Biography

Mariko had 2 PhDs. One was at Toho University in Japan, and another was at the University of Melbourne, Australia. Her high grandfather was the first man to export silk from Yokohama to NY and participated in World Expo at Philadelphia. She has been influenced by him and She studied English and Chinese languages at the Tokyo University of foreign Studies before going to medical college. She visited over 100 countries. Her hobby was mountaineering including climbing, canoeing, heliskiing. Mario was admitted by Canadian Mountain Holidays as million- footer and she likes KIMONO.

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