

# Perinatal Mental Health: Systematic Literature Review and Study Protocol

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## Introduction



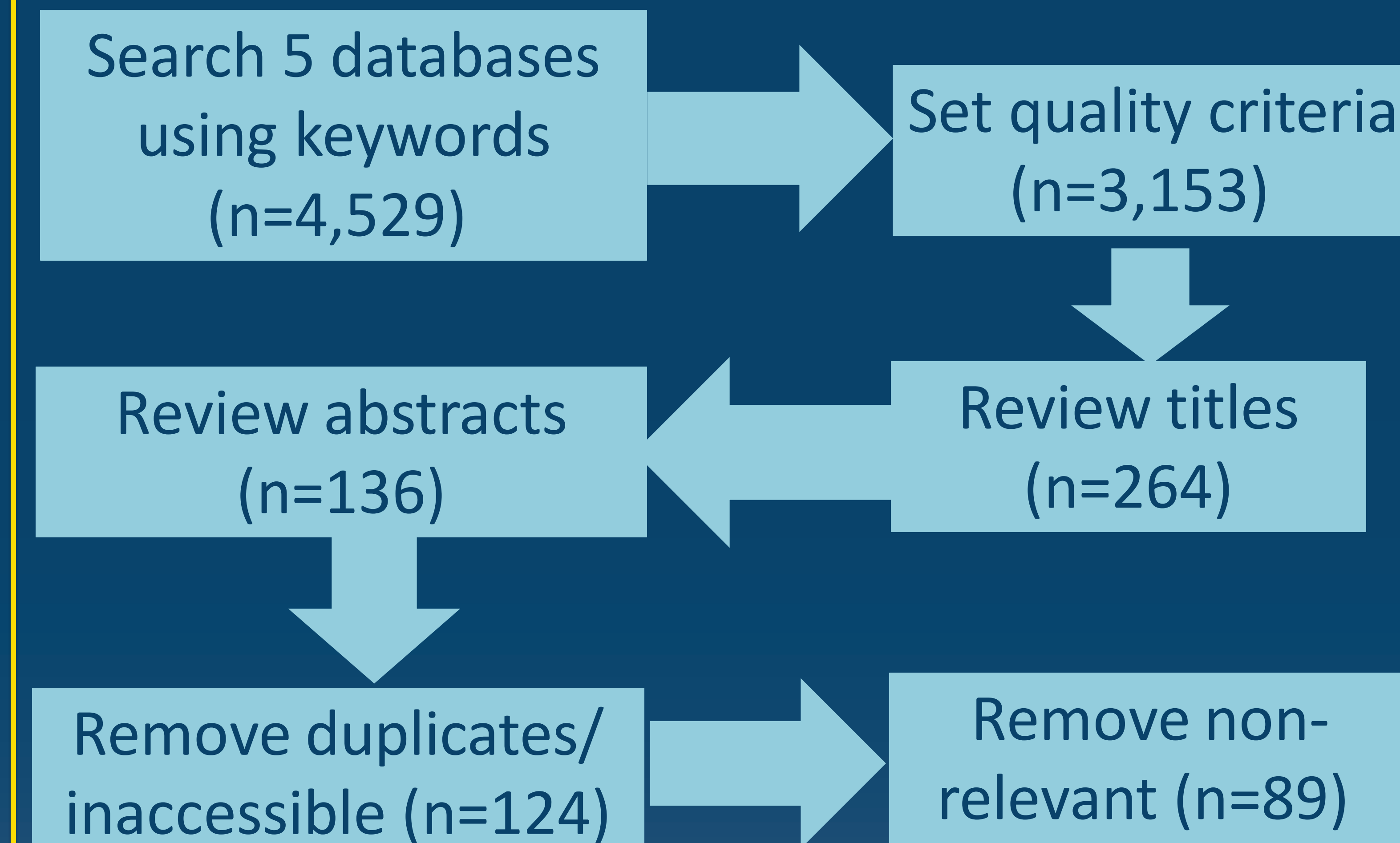
Perinatal mental illness occurs between pregnancy and 1-year postpartum

- PMDs affect **1 in 7** pregnant and postpartum women
- Untreated PMDs cost **\$14.2 billions** in 2017
- Barriers to PM healthcare: stigma, inaccessibility, time constraints, etc.

## SLR Questions

1. What **technology currently exists** in PM healthcare, what different **areas of intervention** do they target, and how do they **assess** mental health?
2. What **type(s) of perinatal people** are being targeted by current studies?
3. What are the **current relevant opinions** on the use of technology in PM healthcare?

## SLR Process



## SLR Results

### RQ1: existing tech: 57 papers

- treatment (26), maintenance (9), support (9), prediction (7), tracking (5), self-help (5), management (2), education (2), question-answering (1), symptom identification (1)



### RQ2: targeted population: 25 papers

- perinatal (4): with insomnia, anxiety or depression or from vulnerable population; prenatal (5): with anxiety or depression, from vulnerable low-income and/or ethnic minority; postnatal (12): with depression, with problem caring for infant(s), adolescent, stillbirth



### RQ3: opinions on tech for PMDs: 14 papers

- technology usage (8), difference in needs (4); identifying themes (2); social network use (1); app development (1)



## Protocol Questions

1. PMH background: emotions, affecting factors, resources
2. Current Tech: PMH tech resource awareness, feelings, reasons for use
3. New Tech for PMH: opinions toward new tech, resources/ approaches, types of technology/material used, types of benefits
4. Demographics: socio-demographics, pregnancies, EPDS info

## Future Work

- Conduct interviews
- Prototype technological approach to assisting with PMH issues

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