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 billion** 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

- **Search 5 databases using keywords** *(n=4,529)*
- **Set quality criteria** *(n=3,153)*
- **Review abstracts** *(n=136)*
- **Review titles** *(n=264)*
- **Remove duplicates/inaccessible** *(n=124)*
- **Remove non-relevant** *(n=89)*

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 PM issues

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