

1st International Conference

Riseup-PPD

Research Innovation and Sustainable
Pan-European Network in Peripartum
Depression Disorder

COST Action CA18138

Peripartum
Depression
in the context
of public
health emergencies
and humanitarian
crises



virtual conference

27-29
September
2022

Program





WELCOME ADDRESS

Pregnancy and the first year postpartum - referred to as the peripartum period - constitute a period of tremendous physiological, psychological, and social changes in women's lives. The transition to motherhood is increasing women's vulnerability to the development of mental disorders; it is estimated that 1 in 5 women will develop mental health problems during pregnancy or within the first year postpartum. The most prevalent peripartum mental health problems are depression and anxiety, with a prevalence of up to 20% globally, while in some countries, prevalence of peripartum depression (PPD) is estimated to be even higher.

Peripartum depression (PPD), together with anxiety and trauma (referred to as common perinatal mental disorders) adversely affects the mother and her overall health and wellbeing, negatively impacts the infant's health and development, disrupts the mother-infant dyad and family relationships, and overall, puts a strong burden on society as a whole. Additionally, research shows that many cases of postpartum mood disorders are undetected and therefore, untreated.

The mental health and wellbeing of expectant and new mothers may be even more fragile in the midst of the current pandemic of the Coronavirus disease (COVID-19). Two years into the pandemic, studies show that women have been profoundly and disproportionately affected by the health crisis, due to a high burden of care, unpaid domestic labour responsibilities, significant job insecurity, and exposure to domestic and gender-based violence. In addition, changes in prenatal care and childbirth protocols and practices have been implemented all over Europe. Emerging evidence shows that perinatal mental disorders have increased since the COVID-19 outbreak, suggesting that COVID-19 may place an additional burden on perinatal women, with potential adverse outcomes on their mental health.

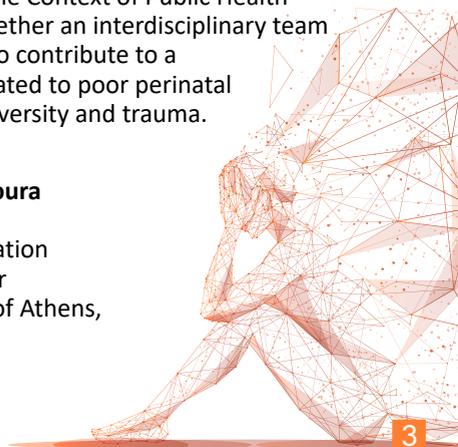
The war crisis in Ukraine is anticipated to exacerbate existing mental health difficulties in women. Exposure to war and military violence can be profoundly traumatic for women, causing serious, albeit "invisible" wounds of war - including depression, anxiety, and PTSD. In addition, maternal mental disorders not only are debilitating conditions for mothers, they have a profound impact on the next generation. These conditions are associated with suboptimal growth and development of children, adverse obstetrical outcomes, and negative effects on mother-infant bond and attachment, with known negative ripple effects on child's health and optimal development.

In light of this unprecedented crisis in maternal mental health, the RiseupPPD COST Action, an EU-funded, international, interdisciplinary network dedicated to promoting women's health in the peripartum period and to achieving a more standardized and unified approach in recognizing, treating, and preventing peripartum depression (PPD), is hosting its first International Conference titled "Peripartum Depression in the Context of Public Health Emergencies and Humanitarian Crises." We are bringing together an interdisciplinary team of experts in the field of perinatal mental health. We hope to contribute to a better understanding of PPD in hope to reduce the costs related to poor perinatal health and prevent the intergenerational transmission of adversity and trauma.

Ana Ganho-Ávila
Action Chair
University of Coimbra,
Portugal

Sandra Nakić Radoš
Action Vice-Chair
Catholic University of
Croatia, Croatia

Eleni Vousoura
Science
Communication
Coordinator
University of Athens,
Greece



PROGRAM

Tuesday, September 27, 2022

09.30-09.40 CET Introductions

09.40-10.30 CET **Welcome - Presentation of the RISEUP-PPD Project and Structure**
Ana Ganho, PhD Action Chair
Sandra Nakic Rados, PhD, Action Vice-Chair

10.30-12.30 CET **THE IMPACT OF COVID-19 ON MENTAL HEALTH SYSTEMS AND SERVICES**

Chair: **Claire Wilson**, King's College London, UK

Maternity care during COVID: was anyone left behind
Mervi Jokinen, European Midwives Association

COVID and perinatal mental health: challenges and opportunities from South Africa
Simone Honikman, University of Cape Town, South Africa

Coping with psychological impact of COVID-19: an analysis of international online documents and recommendations
Nerea Almeda, Loyola University, Spain

12.30-14.00 CET BREAK

14.00-16.00 CET **CURRENT EVIDENCE ON THE IMPACT OF COVID-19 PANDEMIC ON PERINATAL MENTAL HEALTH**

Chair: **Emma Motrico**, University Loyola, Seville, Spain

Rates of depressive and anxiety symptoms in the perinatal period during the COVID-19 pandemic
Vera Mateus, Universidade Portucalense Infante D. Henrique, Portugal

The impact of governmental responses to the COVID-19 pandemic on perinatal mental health: a Riseup-PPD COVID-19 task force study
Ana Mesquita, University of Minho, Portugal

Mental health among pregnant women during the pandemic in Sweden- a mixed methods approach using data from the Mom2B mobile application
Alkistis Skalkidou, Uppsala University, Sweden

Social determinants of perinatal mental health within the Chilean Maternal & Infant Cohort Study II (ChiMINCs II)
Miguel Cordero, University of Chile, Chile

Wednesday, September 28, 2022

10.00-12.00 CET

ETHICS AND HEALTH CARE IN CRISES

Chair: **Susanne Uusitalo**, University of Turku, Finland

Emergency ethics and moral stress

Laura Puumala, University of Turku, Finland

Client participation as interaction in the (post-) pandemic era -
Clinical activities, care relationships and ethics

Sakari Ilomäki, Tampere University, Finland

COVID-19 in pregnant women: ethical issues and dilemmas

Katarina Savic Vujovic, University of Belgrade, Serbia

The critical 1001 days in the time of crisis. Lest not forget

Lena Yri Engelsen, LF 1001 days, Norway

12.00-14.00 CET

BREAK

14.00-16.00 CET

INNOVATIONS IN MENTAL HEALTH ASSESSMENT METHODS AND INTERVENTIONS

Chair: **Sarah Kittel Schneider**, University Hospital Würzburg,
Germany

Non-invasive brain stimulation in perinatal mental health: current
status and future directions

Ana Ganho, University of Coimbra, Portugal

Healthy moms and babies preventive psychological intervention
application: a pathway to prevent PPD

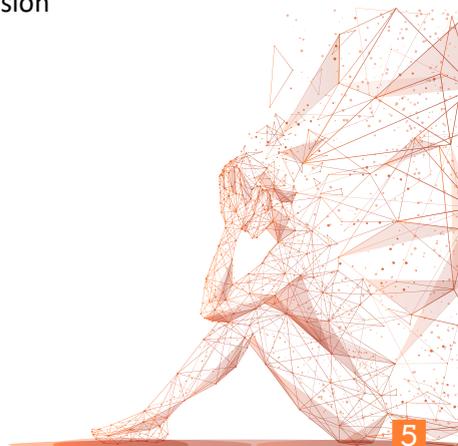
Maria F. Rodriguez Munoz, UNED, Spain,

Mom2B: predicting perinatal depression using digital phenotyping
and machine learning, a mobile app-based research study

Konstantina Pagoni, Uppsala University, Sweden

Bright light therapy for antepartum depression

Babette Bais, Delft the Netherlands



PROGRAM

Thursday, September 29, 2022

11.00-13.00 CET THE IMPACT OF ADVERSITY ON MATERNAL MENTAL HEALTH AND NEURODEVELOPMENT

Chair: **Ana Mesquita**, University of Minho, Portugal

The neurobiology of perinatal mental illness

Jodi Pawluski, University of Rennes, France

The impact of stress and other early childhood adversities on brain development during pregnancy and in the first two years of life

Hilmar Bijma, Erasmus University, The Netherlands

Maternal prenatal stress before and during the COVID-19

Rafael A. Caparrós González, University of Granada, Spain

Complex-PTSD in the perinatal period: challenges and opportunities for research and practice

Alain Gregoire

13.00-14.30 CET BREAK

14.30-16.30 CET ADDRESSING PERINATAL MENTAL HEALTH IN MIGRANT AND REFUGEE WOMEN

Chair: **Laurence Van Den Abeele-Bosteels**, Make Mothers Matter, Belgium

Good practices in perinatal mental health during the war in Ukraine crisis: a narrative synthesis from Riseup-PPD

Magdalena Chrzan-Dętkoś, University of Gdańsk Poland,

Maria F. Rodriguez Munoz, UNED, Spain

Liudmyla Krupelnytska, National University of Kiev, Ukraine

Perinatal experience of women during the war in Ukraine: a study using in-depth interviews

Liudmyla Krupelnytska, Olha Morozova-Larina

Reflections from the unexpected lesson of suddenly becoming a host country: challenges and first solutions in the field of perinatal mental health

Magdalena Chrzan-Dętkoś, University of Gdańsk, Poland

Promoting maternal mental health among immigrant and refugee women: a case study of Denmark's home visiting program

Maria Marti Castaner, University of Copenhagen, Denmark

Interventions for maternal depression in post-conflict Northern Uganda: a cluster randomized controlled trial

Lena Verdelli, Columbia University, New York, USA

16.30-16.40 CET CLOSING REMARKS

