

UC Irvine

Seminar Papers and Posters

Title

Yoga to decrease depression among depressed pregnant patients

Permalink

<https://escholarship.org/uc/item/6mn9t887>

Author

Kim, Jessica Wiedemann

Publication Date

2016-06-08

Supplemental Material

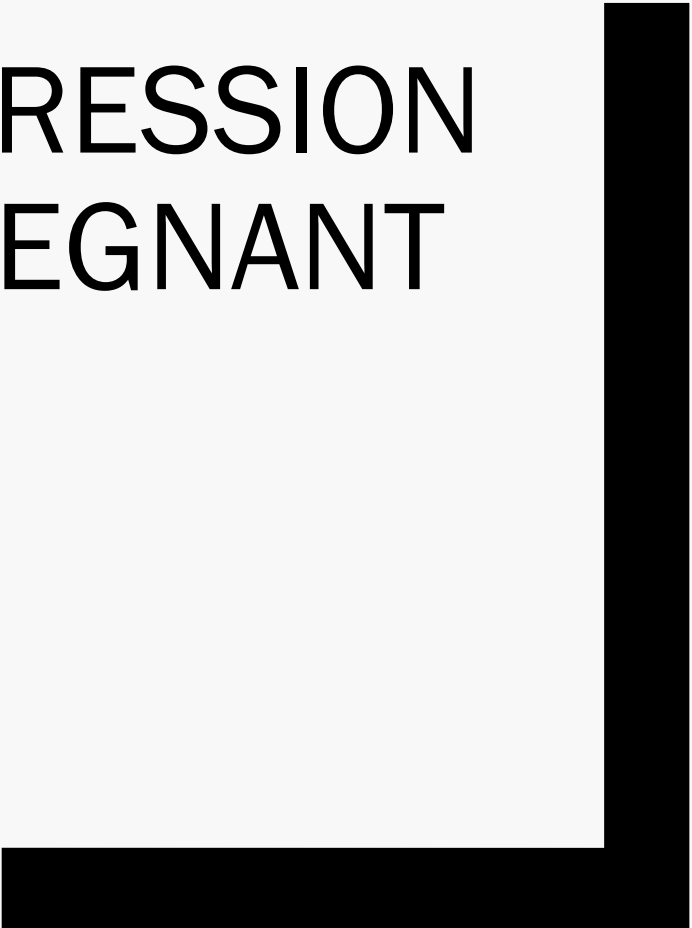
<https://escholarship.org/uc/item/6mn9t887#supplemental>

Peer reviewed



YOGA TO DECREASE DEPRESSION AMONG DEPRESSED PREGNANT PATIENTS

Jessica W. Kim, BSN, RN
MS, FNP Student
University of California, Irvine
Program in Nursing Science
June 8, 2016



Background

- Depression is a leading cause of global morbidity, and one of the most common medical conditions during pregnancy¹
- According to the National Survey on Drug Use and Health, approximately 7.7% of pregnant women had at least 1 major depressive episode per year from 2005-2009⁶
- Barriers to prenatal depression treatment: cost, opposition to treatment, stigma¹
- Outcomes of prenatal depression: preterm birth, low birth weight, pregnancy-induced hypertension, postpartum depression³
- Education on yoga to reduce symptoms of depression will provide the pregnant woman with tools to manage her emotional health⁴
- Through research, treatment of prenatal depression with yoga has shown encouraging outcomes^{4,5}



Literature Search

- Databases
 - CINAHL, PubMed, Cochrane, Ovid, PsycINFO
- Search Terms
 - pregnant, pregnancy, prenatal, depression, yoga, relaxation techniques
- Limits
 - last 5 years, peer reviewed, original research articles, English-only text
- Search Results
 - 58 articles
- Selection Criteria
 - randomized controlled trial (RCT), primary intervention of yoga, focused on management of depression in pregnant women
- Studies Included
 - 5

Yoga Innovation

- Research studies suggest that yoga is an effective intervention in reducing feelings of depression among depressed pregnant women^{4,5}
- Similarly, research studies suggest that yoga is effective in reducing symptoms of depression among pregnant women without the diagnosis of depression^{2,7,8}
- Yoga practice education can be provided via a handout for pregnant women to inform the women on relaxation techniques, which will include the yoga postures taught in a research study utilizing prenatal yoga⁵
- Stress reduction through yoga practice will contribute to a healthier pregnancy for both the mother and the fetus²

Synthesis of Literature

Prenatal Depression Management with Yoga

Study	Purpose	Results
Field, Diego, Delgado, & Medina, 2013: Yoga and social support reduce prenatal depression, anxiety and cortisol.	A RCT in which pregnant women were assigned to a 12 week yoga intervention or a social support control group in order to examine the outcomes of prenatal and postpartum depression.	Intervention group: significant ↓ in depression, anxiety, anger, back pain, leg pain, pre to post session compared to control group
Field et al., 2012: Yoga and massage therapy reduce prenatal depression and prematurity.	A RCT in which pregnant women were assigned to a 12 week yoga intervention or massage therapy intervention or standard prenatal care control group in order to examine stress measures, pain measures, and neonatal outcome measures.	Intervention groups: significant ↓ in depression, anxiety, anger, back pain, leg pain, ↑ in partner relationships, better birth outcomes- greater gestational age & greater birth weight, compared to control group



Synthesis of Literature

Prenatal Depressive Symptom Management with Yoga

Study	Purpose	Results
Davis, Goodman, Leiferman, Taylor, & Dimidijan, 2015: A randomized controlled trial of yoga for pregnant women with symptoms of depression and anxiety.	A RCT in which pregnant women were assigned to an 8 week yoga intervention plus treatment as usual (TAU) or TAU only in order to examine the preliminary outcomes of depression, negative affect, and anxiety.	Intervention group: significant ↓ negative affect, compared to the control group
Newham et al., 2014: Effects of antenatal yoga on maternal anxiety and depression: A randomized controlled trial.	A RCT in which pregnant women were assigned to an 8 week yoga intervention or TAU control group in order to examine anxiety and depression.	Intervention group: significant ↓ in anxiety, cortisol levels, pre to post session
Satyapriya, Nagarathna, Padmalatha, & Nagendra, 2013: Effect of integrated yoga on anxiety, depression and well being in normal pregnancy.	A RCT in which pregnant women were assigned to a 16 week yoga intervention or an antenatal exercise control group in order to examine pregnancy experience, anxiety and depression.	Intervention group: significant ↓ negative pregnancy related experience, anxiety, depression, baseline and post intervention scales compared to control group

Synthesis of Literature

- The first two studies showed reductions in depression, anxiety, anger, back pain, and leg pain in the intervention group compared to a social support control group or a standard prenatal care control group in depressed pregnant patients^{4,5}
- The next three studies showed reductions in depressive symptoms including negative affect, anxiety, or negative pregnancy related experience in pregnant women who reported symptoms of depression or anxiety^{2,7,8}
- Holistic interventions, such as yoga, are merited to manage depression during pregnancy
- The findings of this literature review endorse the likely benefits of a yoga program that aids in mitigation of depressive symptoms during pregnancy providing better outcomes as compared to control groups

Yoga Intervention for Prenatal Depression Protocol

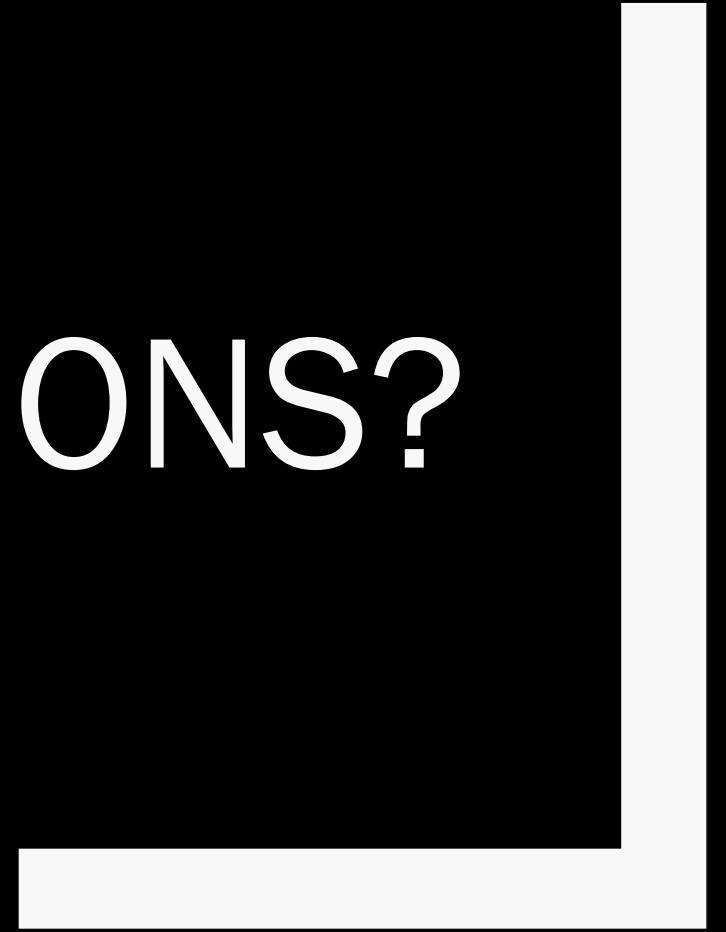
- Objective: To help with the problem of prenatal depression by improving standard of care practice through implementation of yoga practice for depressed pregnant patients
- Inclusion Criteria⁵
 - $18 < \text{age} \leq 40$
 - Singleton, uncomplicated pregnancy
 - Diagnosis of depression
- Procedure:
 - All participants will be provided with yoga education, a yoga posture handout, and a yoga practice home log
 - Data collection will include days of yoga practice and minutes of yoga practice throughout the 12 week yoga program
 - Gestational age at birth and birth weight will be reported at the six-week postpartum visit



Conclusion

- Essential to manage prenatal depression with evidence-based practice programs
- Yoga practice decreases prenatal depressive symptoms
 - Yoga practice handouts are cost-effective educational tools
- Vital to educate all patients on emotional health
- Screen every patient for prenatal depression
- Early intervention is key
- Ongoing monitoring of depressive symptoms to provide optimal outcomes for mother and fetus

QUESTIONS?



References

¹Centers for Disease Control and Prevention. (2013). *Mental health among women of reproductive age*. Retrieved from CDC:

http://www.cdc.gov/reproductivehealth/depression/pdfs/mental_health_women_repo_age.pdf

²Davis, K., Goodman, S. H., Leiferman, J., Taylor, M., & Dimidijan, S. (2015). A randomized controlled trial of yoga for pregnant women with symptoms of depression and anxiety. *Complementary Therapies in Clinical Practice, 21*, 166-172.

³Farr, S. L., & Bish, C. L. (2013). Preconception health among women with frequent mental distress: A population-based study. *Journal of Women's Health, 22*(2), 153-158.

⁴Field, T., Diego, M., Delgado, J., & Medina, L. (2013). Yoga and social support reduce prenatal depression, anxiety and cortisol. *Journal of Bodywork & Movement Therapies, 17*, 397-403.

⁵Field, T., Diego, M., Hernandez-Reif, M., Medina, L., Delgado, J., & Hernandez, A. (2012). Yoga and massage therapy reduce prenatal depression and prematurity. *Journal of Bodywork & Movement Therapies, 16*, 204-209.

⁶Ko, J. Y., Farr, S. L., Dietz, P. M., & Robbins, C. L. (2012). Depression and treatment among US pregnant and nonpregnant women of reproductive age, 2005-2009. *Journal of Women's Health, 21*(8), 830-836.

⁷Newham, J. J., Wittkowski, A., Hurley, J., Aplin, J. D., & Westwood, M. (2014). Effects of antenatal yoga on maternal anxiety and depression: A randomized controlled trial. *Depression and Anxiety, 31*, 631-640.

⁸Satyapriya, M., Nagarathna, R., Padmalatha, V., & Nagendra, H. (2013). Effect of integrated yoga on anxiety, depression and well being in normal pregnancy. *Complementary Therapies in Clinical Practice, 19*, 230-236.