YOGA TO DECREASE DEPRESSION AMONG DEPRESSED PREGNANT PATIENTS

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Background

- Depression is a leading cause of global morbidity, and one of the most common medical conditions during pregnancy\(^1\)
- 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 2005-2009\(^6\)
- Barriers to prenatal depression treatment: cost, opposition to treatment, stigma\(^1\)
- Outcomes of prenatal depression: preterm birth, low birth weight, pregnancy-induced hypertension, postpartum depression\(^3\)
- Education on yoga to reduce symptoms of depression will provide the pregnant woman with tools to manage her emotional health\(^4\)
- 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\textsuperscript{4,5}
- Similarly, research studies suggest that yoga is effective in reducing symptoms of depression among pregnant women without the diagnosis of depression\textsuperscript{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 yoga\textsuperscript{5}
- Stress reduction through yoga practice will contribute to a healthier pregnancy for both the mother and the fetus\textsuperscript{2}
# Synthesis of Literature
Prenatal Depression Management with Yoga

<table>
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<tr>
<th>Study</th>
<th>Purpose</th>
<th>Results</th>
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</thead>
<tbody>
<tr>
<td>Field, Diego, Delgado, &amp; Medina, 2013: Yoga and social support reduce prenatal depression, anxiety and cortisol.</td>
<td>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.</td>
<td>Intervention group: significant ↓ in depression, anxiety, anger, back pain, leg pain, pre to post session compared to control group</td>
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<td>Field et al., 2012: Yoga and massage therapy reduce prenatal depression and prematurity.</td>
<td>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.</td>
<td>Intervention groups: significant ↓ in depression, anxiety, anger, back pain, leg pain, ↑ in partner relationships, better birth outcomes- greater gestational age &amp; greater birth weight, compared to control group</td>
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## Synthesis of Literature

### Prenatal Depressive Symptom Management with Yoga

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<td>Davis, Goodman, Leiferman, Taylor, &amp; Dimidijan, 2015: A randomized controlled trial of yoga for pregnant women with symptoms of depression and anxiety.</td>
<td>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.</td>
<td>Intervention group: significant ↓ negative affect, compared to the control group</td>
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<td>Newham et al., 2014: Effects of antenatal yoga on maternal anxiety and depression: A randomized controlled trial.</td>
<td>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.</td>
<td>Intervention group: significant ↓ in anxiety, cortisol levels, pre to post session</td>
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<td>Satyapriya, Nagarathna, Padmalatha, &amp; Nagendra, 2013: Effect of integrated yoga on anxiety, depression and well being in normal pregnancy.</td>
<td>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.</td>
<td>Intervention group: significant ↓ negative pregnancy related experience, anxiety, depression, baseline and post intervention scales compared to control group</td>
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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\textsuperscript{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\textsuperscript{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 Criteria
  - 18 < age ≤ 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


