

Milano, 4 Dicembre 2012

FATTORI DI RISCHIO E PROTETTIVI NELLA DEPRESSIONE PERINATALE



A cura di:

Roberta Anniverno e Claudio Mencacci

Dipartimento Neuroscienze, Centro Psiche Donna

A.O. Fatebenefratelli-Oftalmico, Milano



CONDIZIONE TRANSITORIA RI(DIS)ADATTAMENTO

PSICOPATOLOGIA

EMERGENZA



RICERCA

The diagram features a large, dark red arrow pointing downwards from the top center, containing the word 'RICERCA' in white, bold, uppercase letters. From the base of this arrow, two smaller, dark red arrows branch out downwards and outwards. The left arrow points towards the bottom-left and contains the word 'PREVENZIONE' in white, bold, uppercase letters. The right arrow points towards the bottom-right and contains the word 'TRATTAMENTO' in white, bold, uppercase letters. The entire diagram is set against a light blue background with a subtle gradient.

PREVENZIONE

TRATTAMENTO

2008-2011

CAMPIONE AFFERENTE AL CENTRO PSICHDONNA

CLINICO

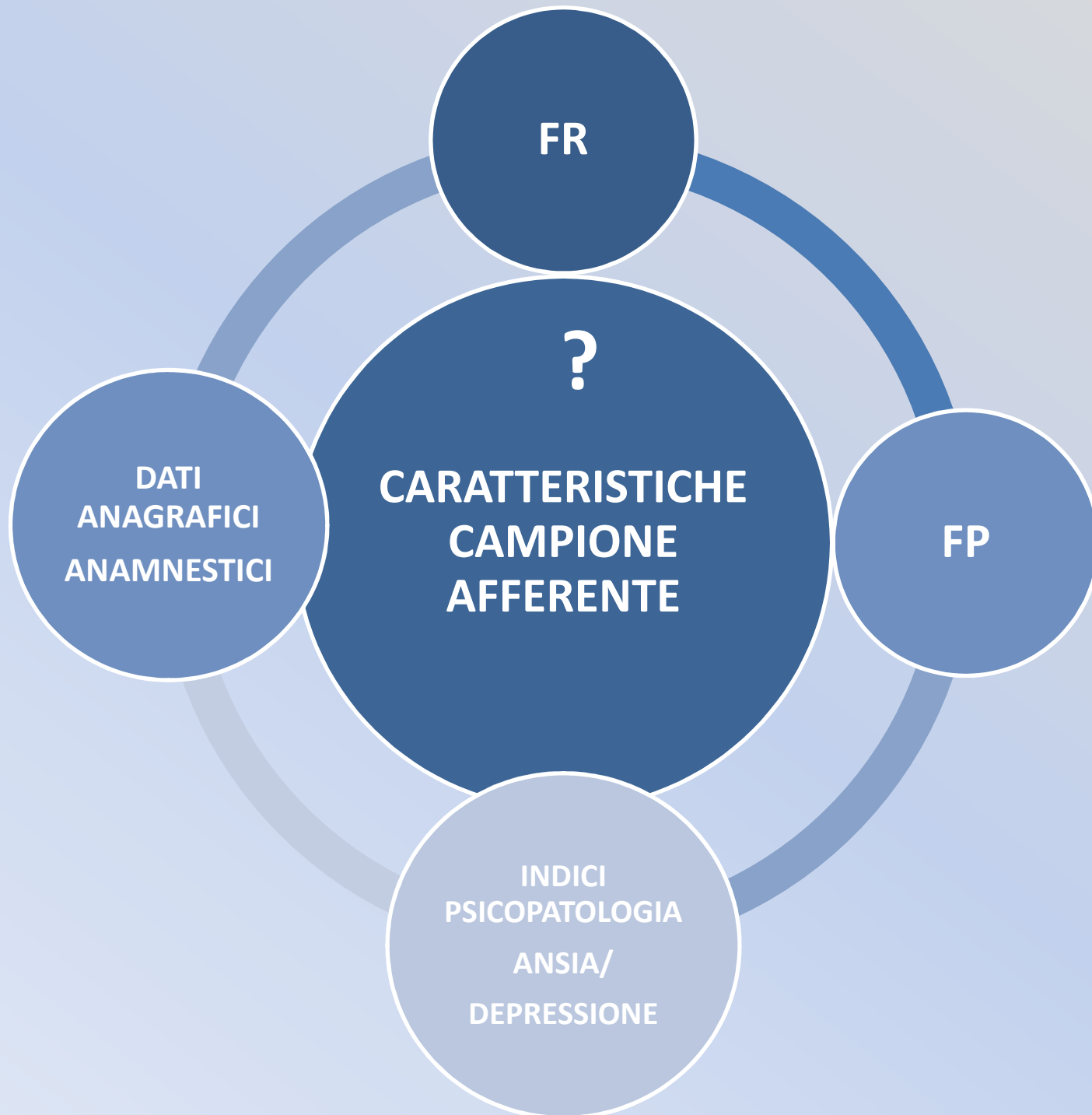
SELEZIONATO

ALTO RISCHIO

189
DONNE IN INGRESSO
IN GRAVIDANZA

178
DONNE IN INGRESSO
NEL POSTPARTUM

TOTALE N=367



ASSESSMENT IN INGRESSO DELLA POPOLAZIONE AFFERENTE

189
DONNE IN INGRESSO
IN GRAVIDANZA

178
DONNE IN INGRESSO
NEL POSTPARTUM

DATI ANAGRAFICI ANAMNESTICI

Scheda ad-hoc e PDPI-r

FATTORI DI RISCHIO vs PROTEZIONE

Scheda ad-hoc e PDPI-r

INDICI PSICOPATOLOGIA

EPDS, STAI-Y, BECK-D

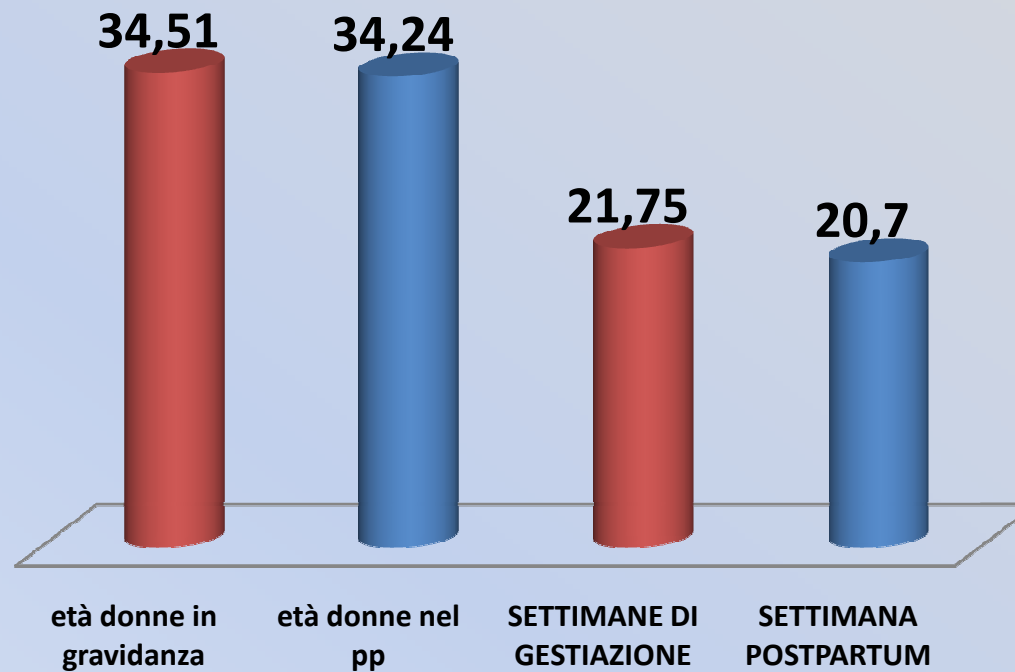
DIAGNOSI

colloquio psichiatrico – SCID II

FATTORE DI RISCHIO VS PROTEZIONE

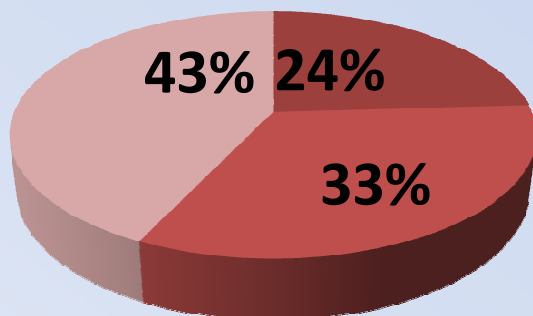
CARATTERISTICHE SOCIO-DEMOGRAFICHE

(Scheda ad-hoc e PDPI-r)



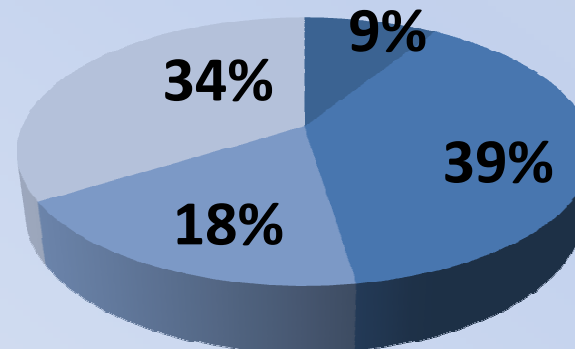
TRIMESTRE DI GESTAZIONE

- PRIMO TRIMESTRE ■ SECNDO TRIMSTRE
- TERZO TRIMESTRE

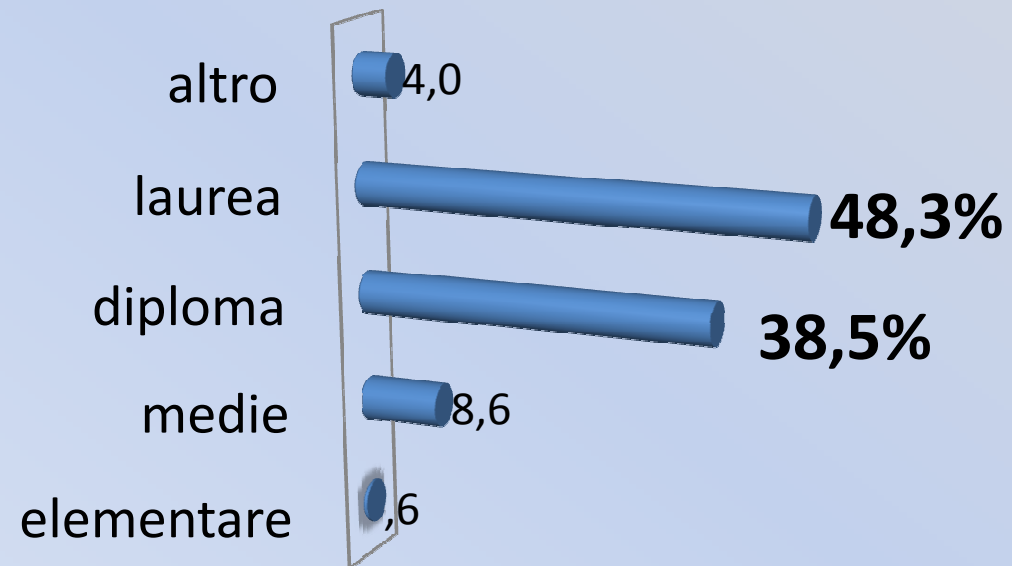
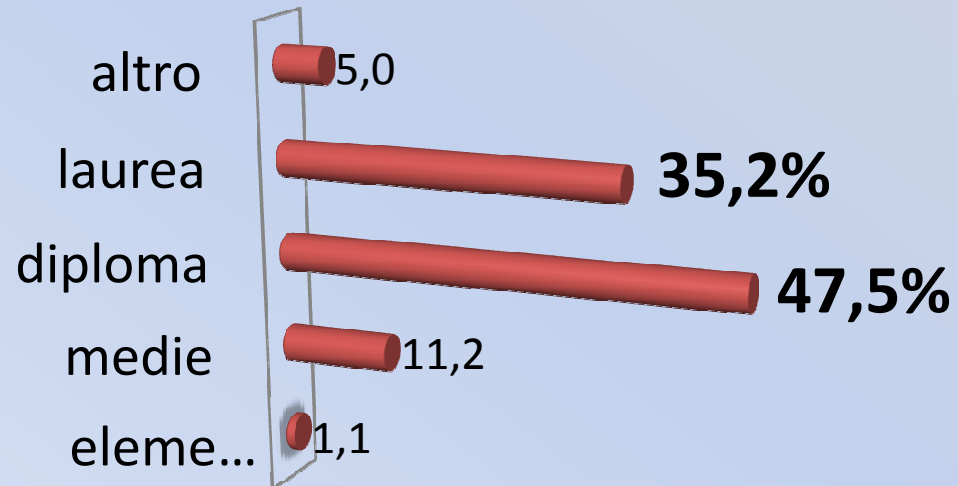


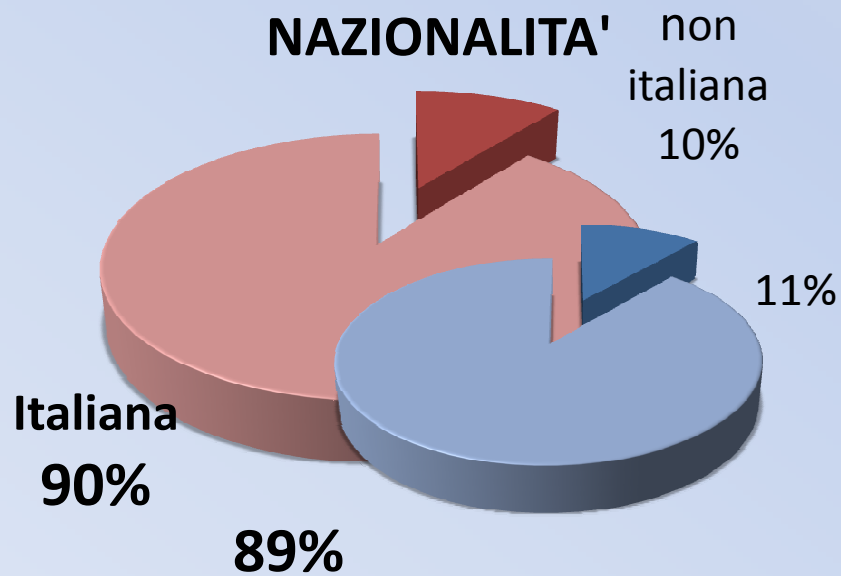
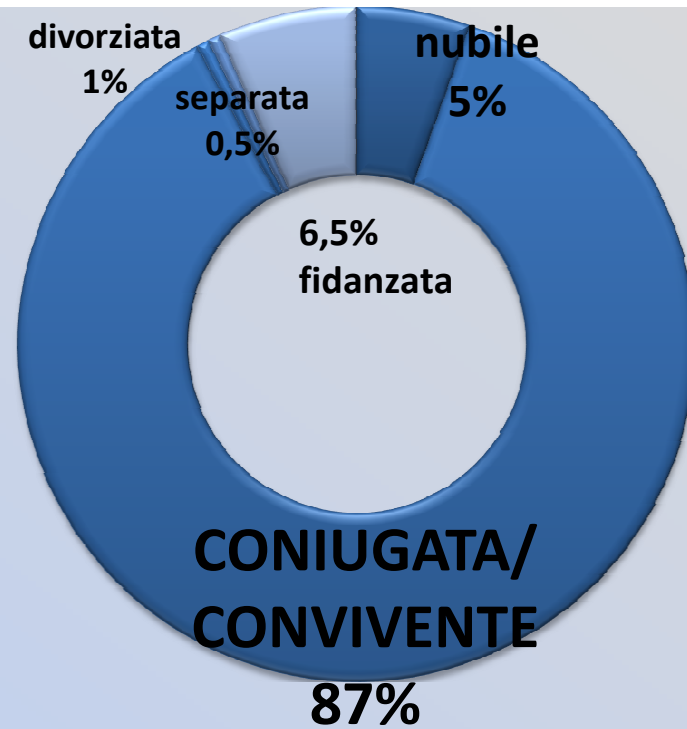
PERIODO POST-PARTO

- 1 MESE POST-PARTO
- ENTRO 4 MESI POST-PARTO
- ENTRO 6 MESI POST-PARTO
- OLTRE 6 MESI POST-PARTO



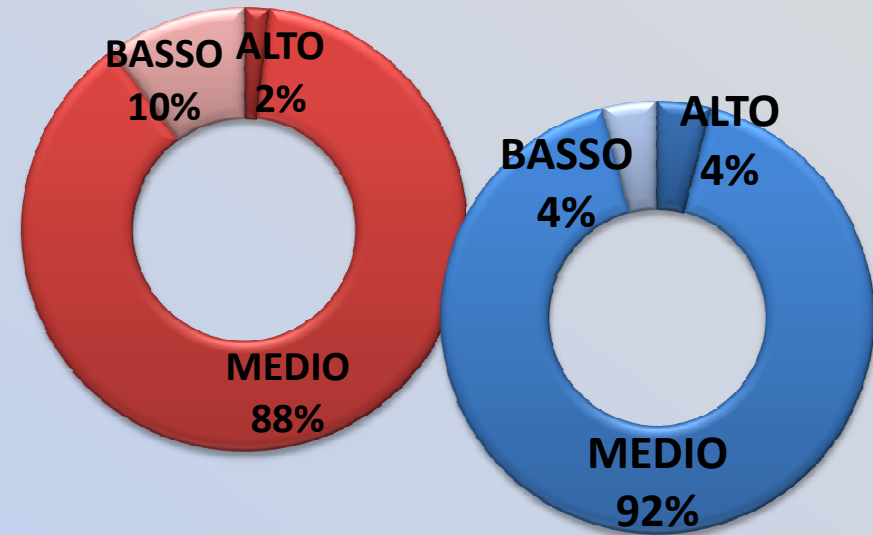
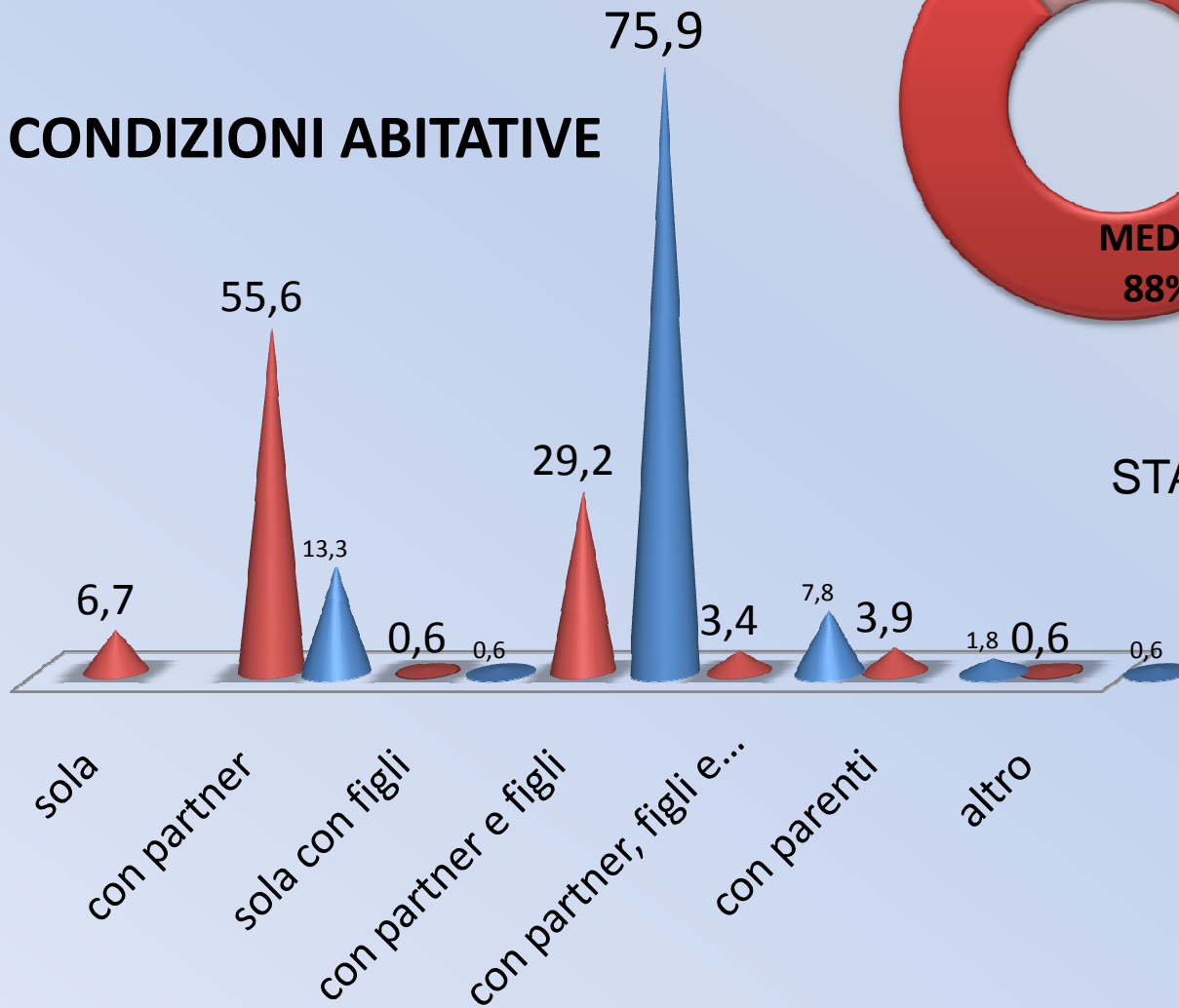
LIVELLO DI SCOLARITA'





STATO SOCIALE

CONDIZIONI ABITATIVE

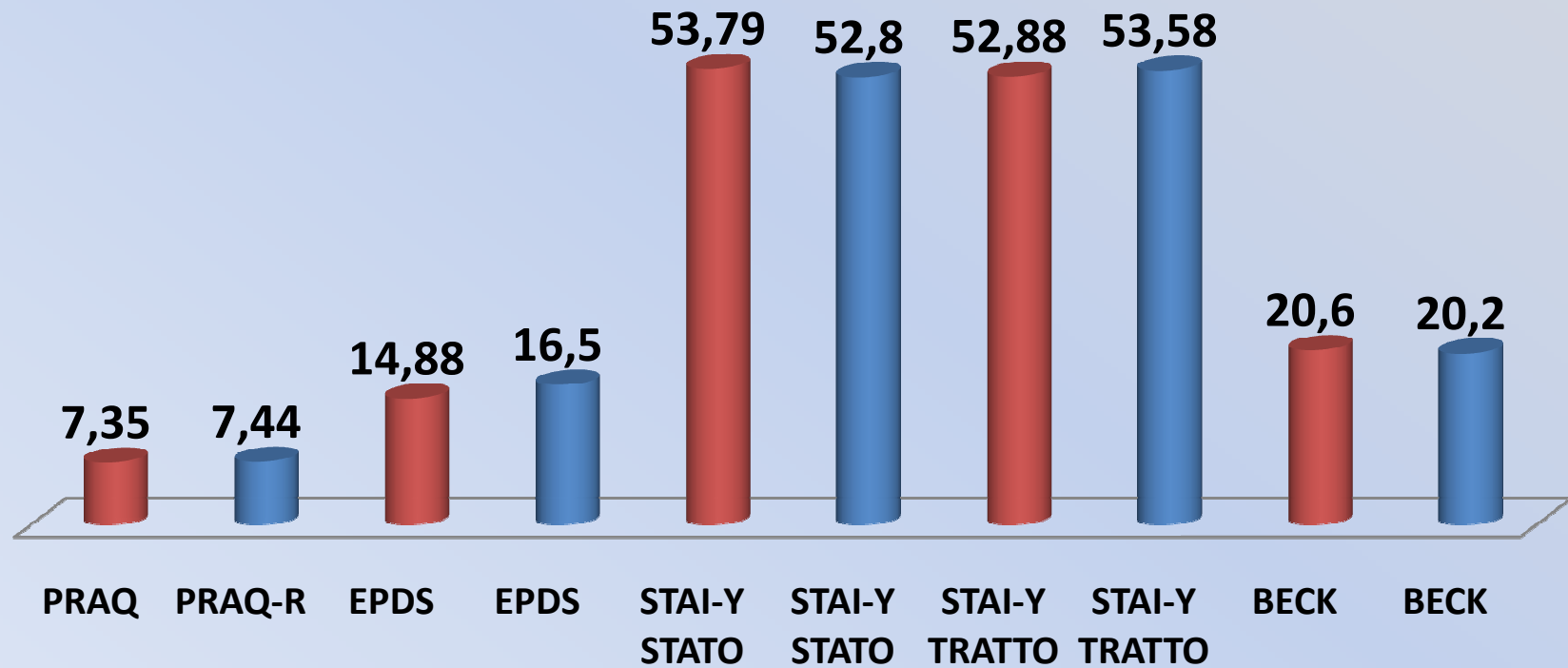


STATO SOCIALE*:.019

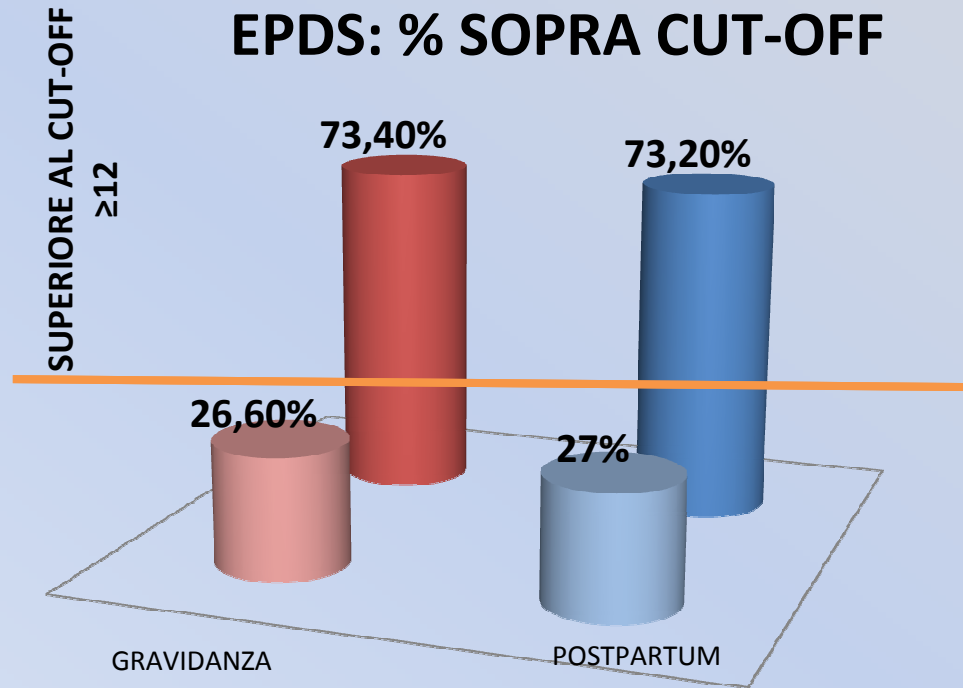
PUNTEGGI OTTENUTI AI TEST

(PRAQ-R, EPDS, STAI-Y, BECK-D)

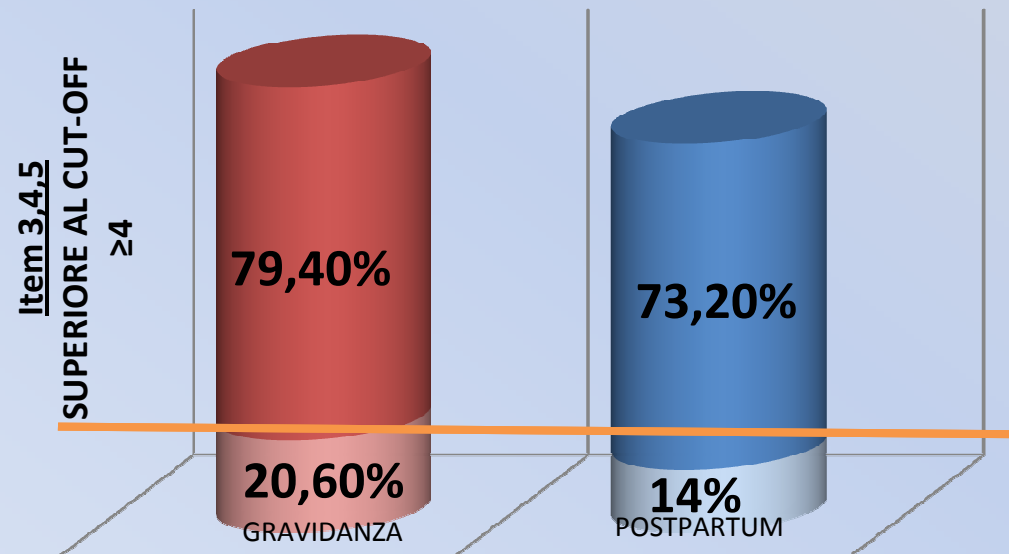
MEDIE DEI PUNTEGGI OTTENUTI AI TEST



EPDS: % SOPRA CUT-OFF

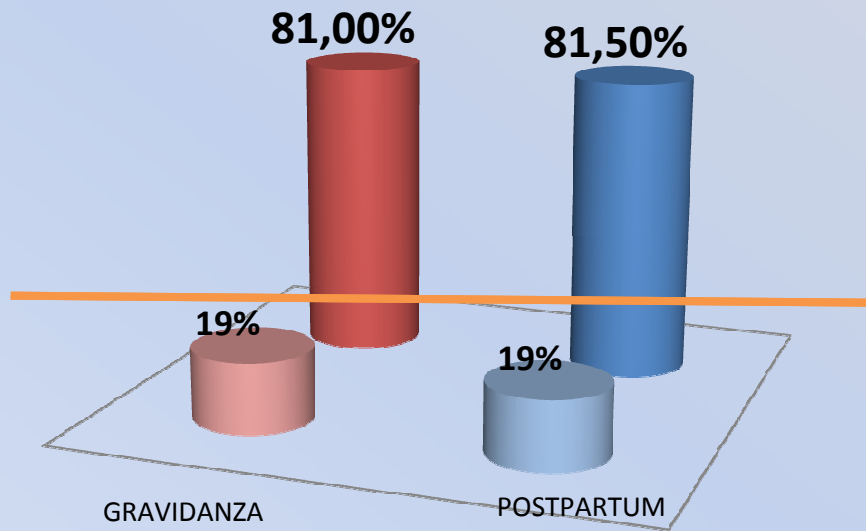


EPDS: SOTTOSCALA "ANSIA"



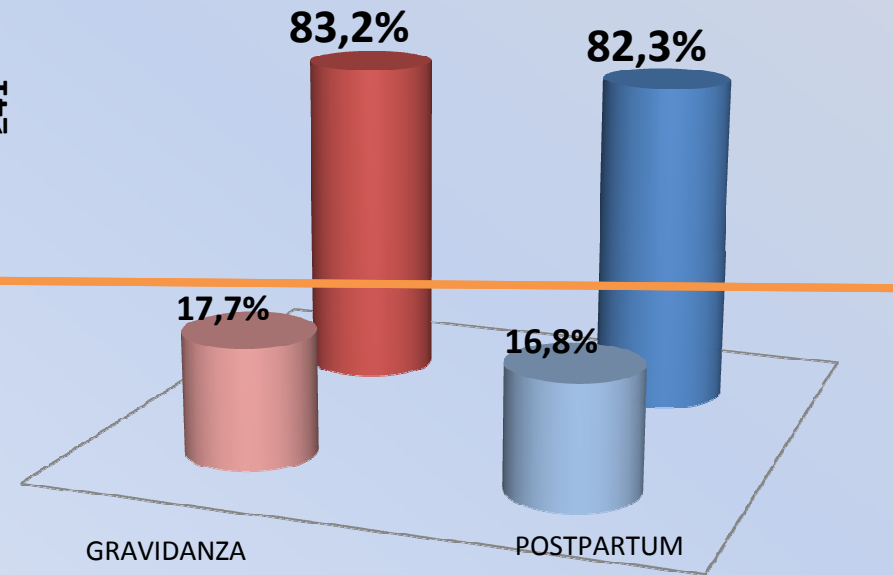
SUPERIORE AL CUT-OFF
≥40*

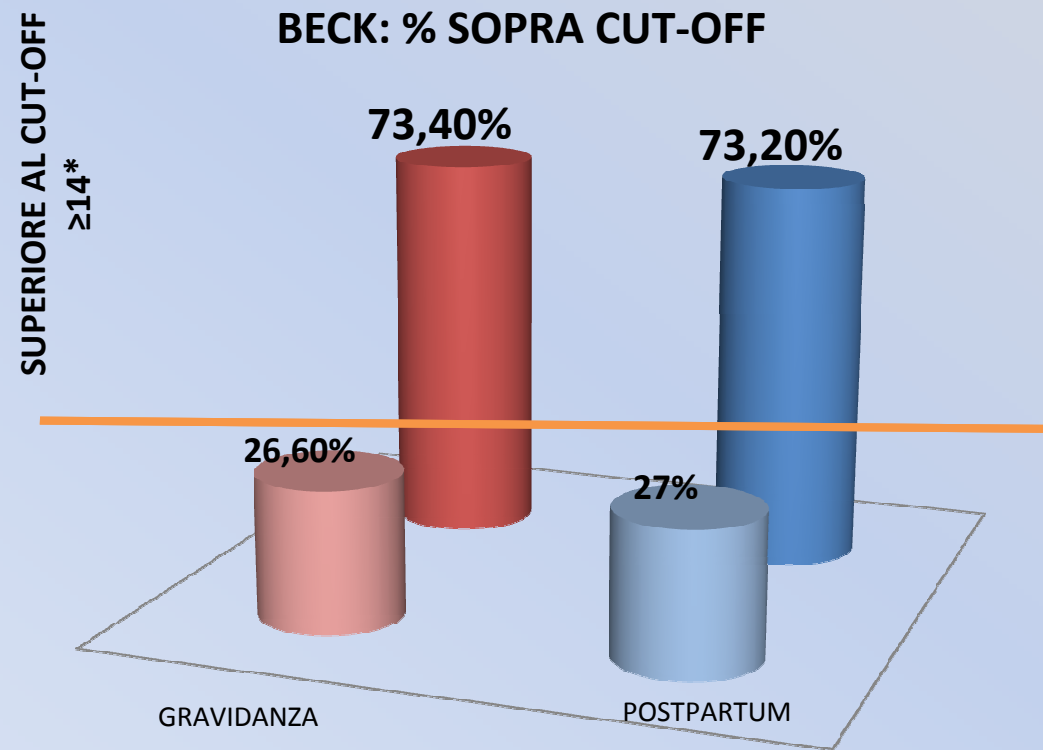
STAI-Y STATO: % SOPRA CUT-OFF



SUPERIORE AL CUT-OFF
≥41*

STAI-Y TRATTO: % SOPRA CUT-OFF



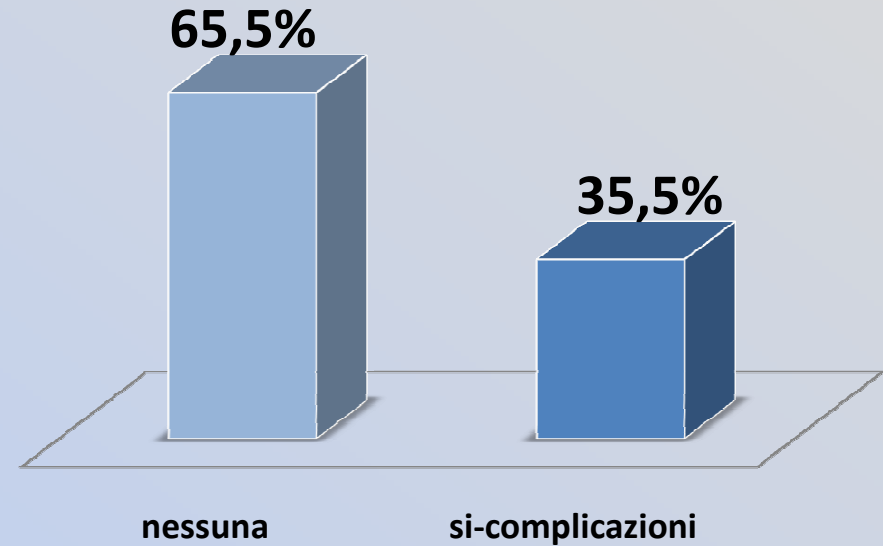
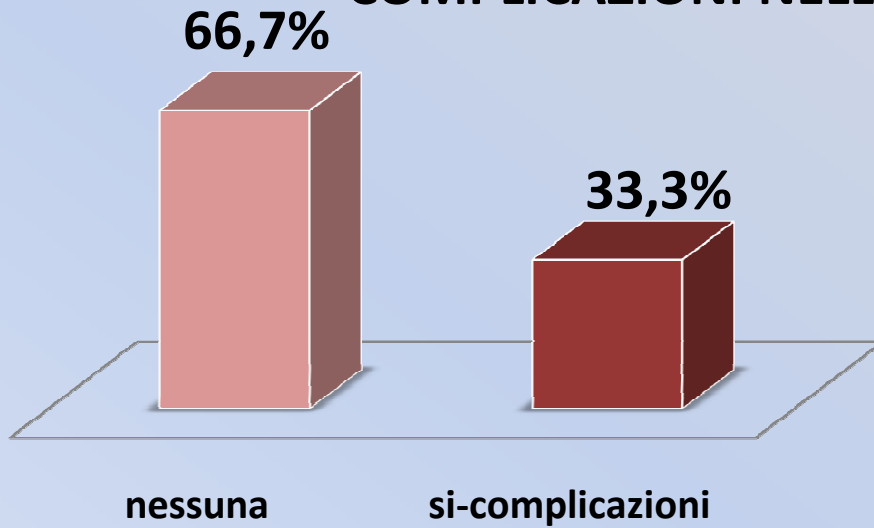


FATTORE DI RISCHIO VS PROTEZIONE

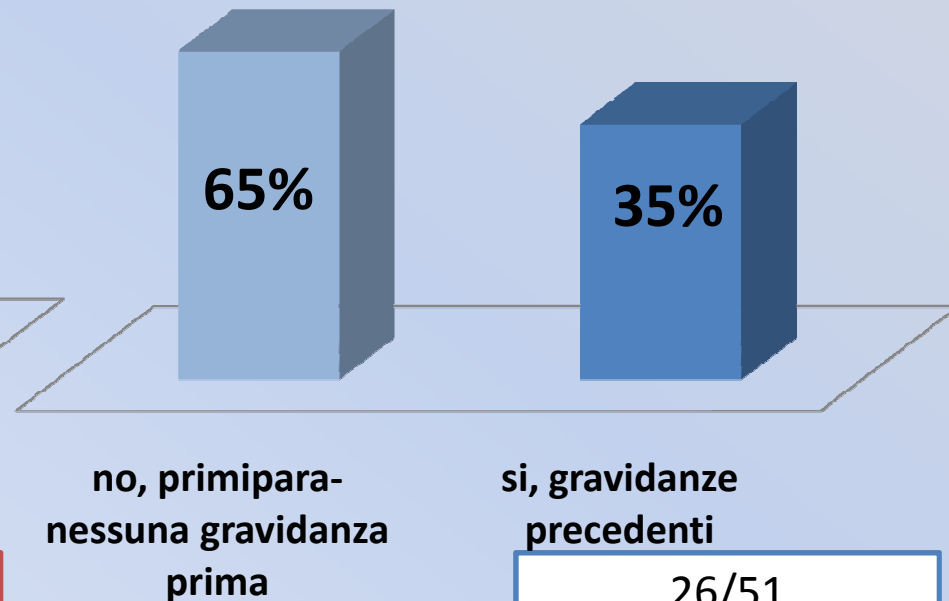
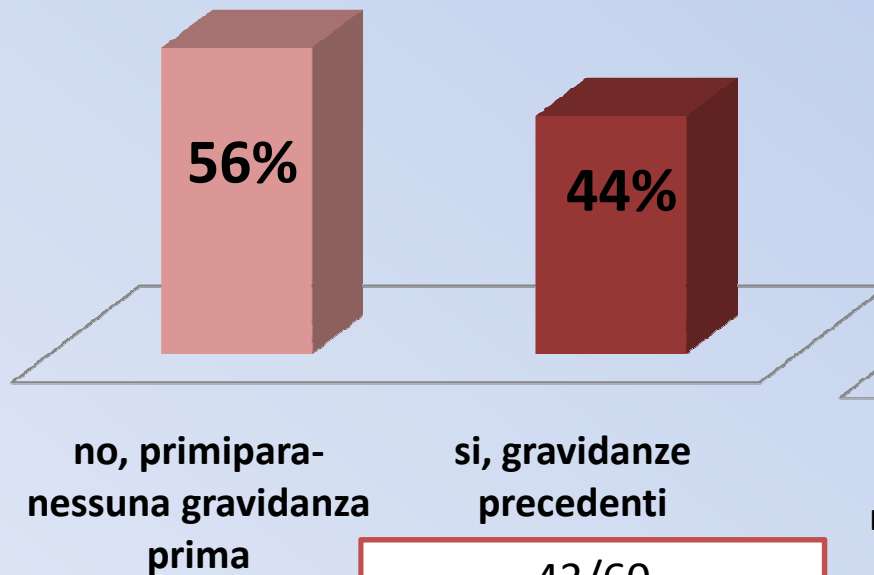
VISSUTO DELLA GRAVIDANZA

(Scheda ad-hoc e PDPI-r)

COMPLICAZIONI NELL'ATTUALE GRAVIDANZA



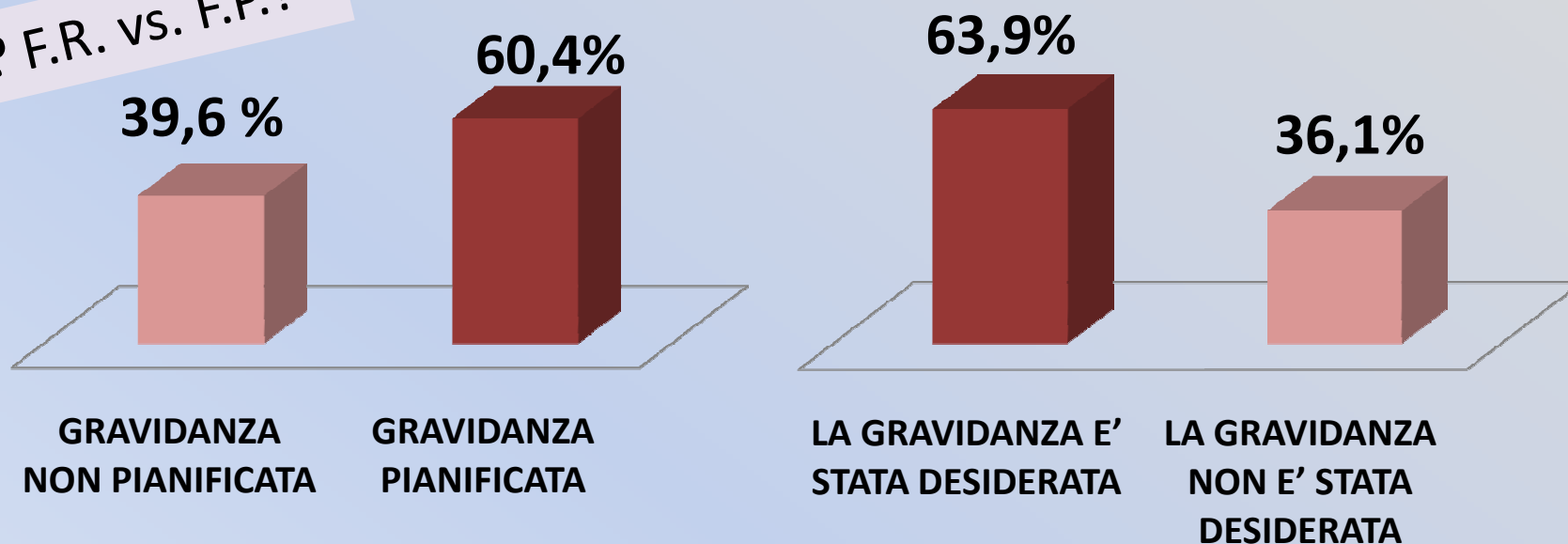
GRAVIDANZE PRECEDENTI



43/60
HANNO AVUTO
COMPLICAZIONI

26/51
HANNO AVUTO
COMPLICAZIONI

? F.R. vs. F.P.?

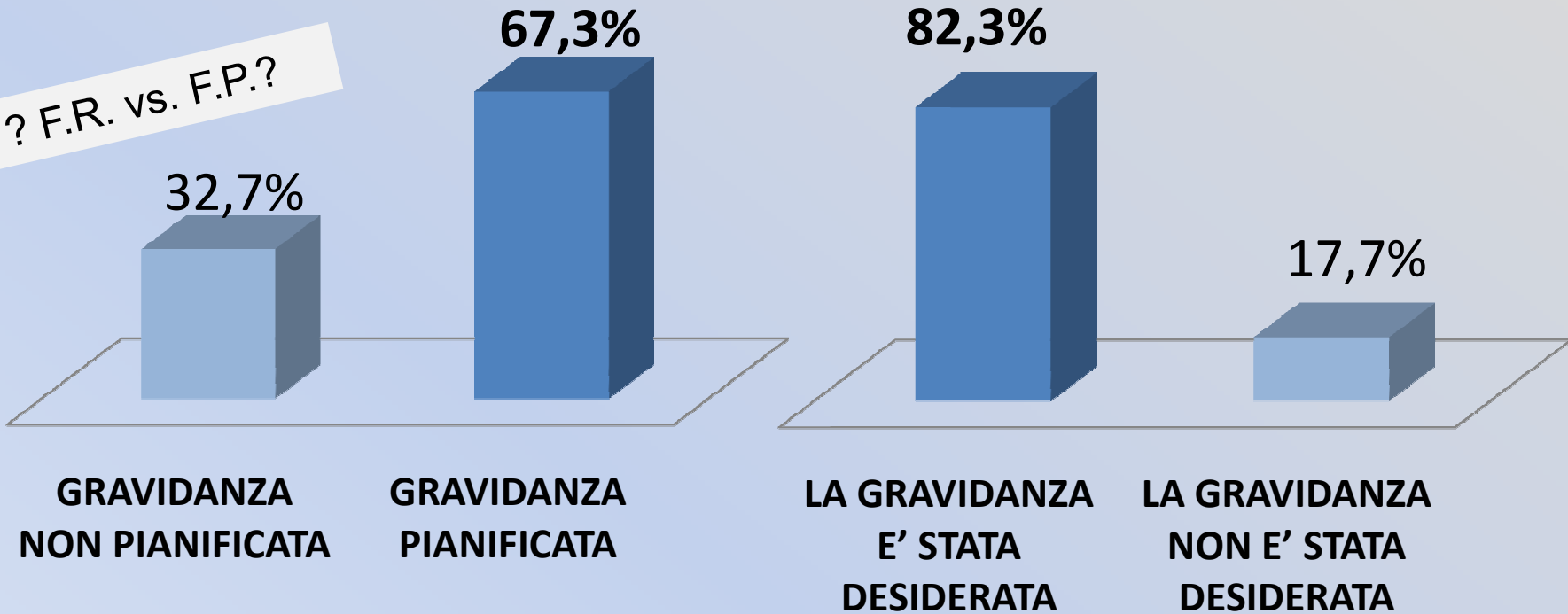


GRAVIDANZA PIANIFICATA * GRAVIDANZA NON DESIDERATA

		GRAVIDANZA NON DESIDERATA:		Total
		NO	SI	
GRAVIDANZA PIANIFICATA	NO	24	31	55
	SI	54	10	64
Total		78	41	119

**70 RISPOSTE MANCANTI
(NB: limite intrinseco ITEM PDPI!)**

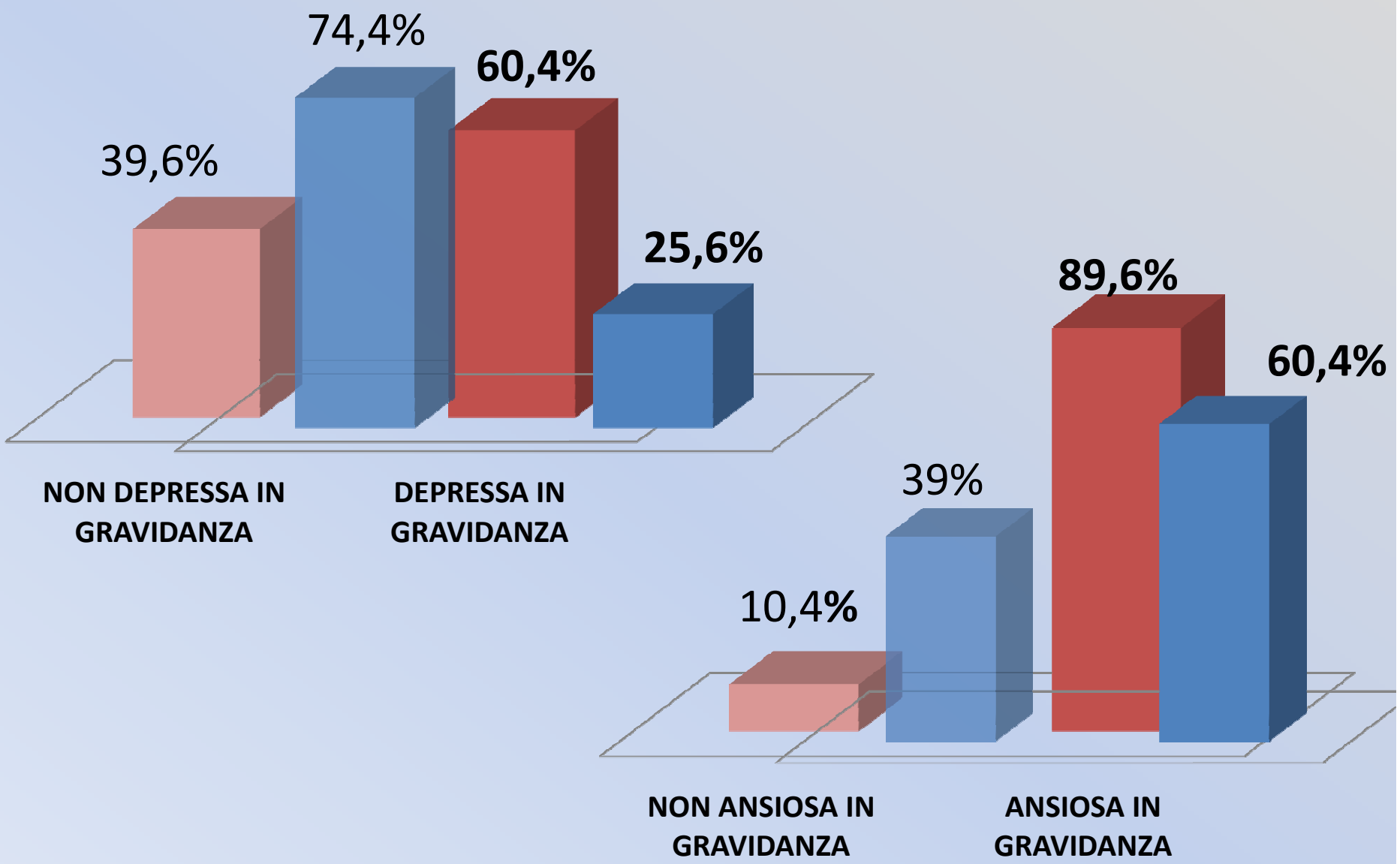
? F.R. vs. F.P.?



GRAVIDANZA PIANIFICATA * GRAVIDANZA NON DESIDERATA

		GRAVIDANZA NON DESIDERATA:		Total
		NO	SI	
GRAVIDANZA PIANIFICATA	NO	29	15	44
	SI	61	4	65
Total		90	19	109

69 RISPOSTE MANCANTI
(NB: limite intrinseco: ITEM PDPI!)

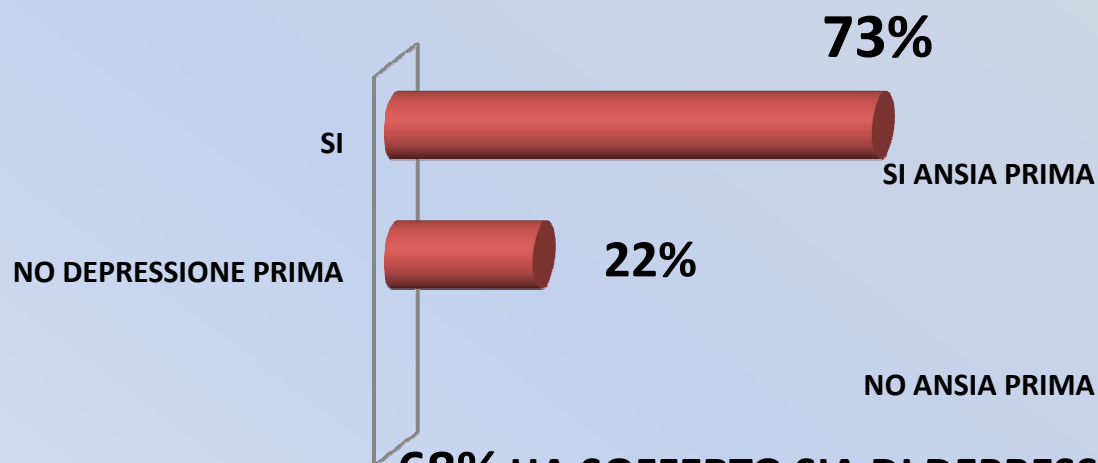


fattore di rischio *vs* protezione

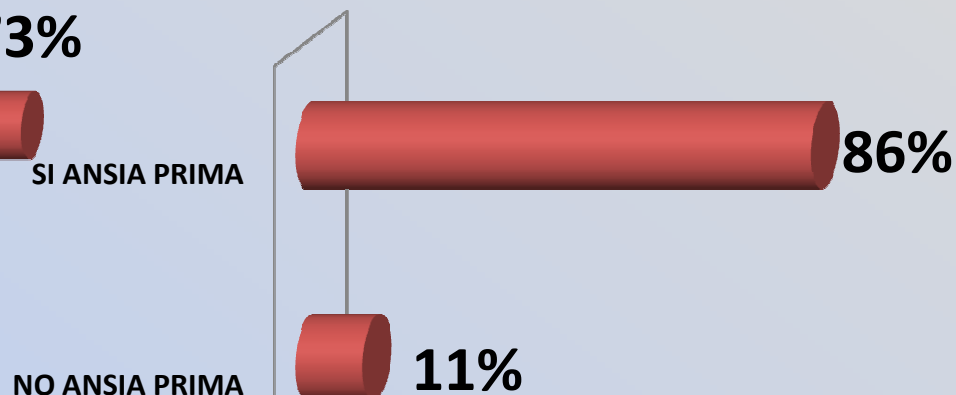
PSICOPATOLOGIA PREGRESSA

(Scheda ad-hoc e PDPI-r)

DEPRESSIONE PRIMA



ANSIA PRIMA

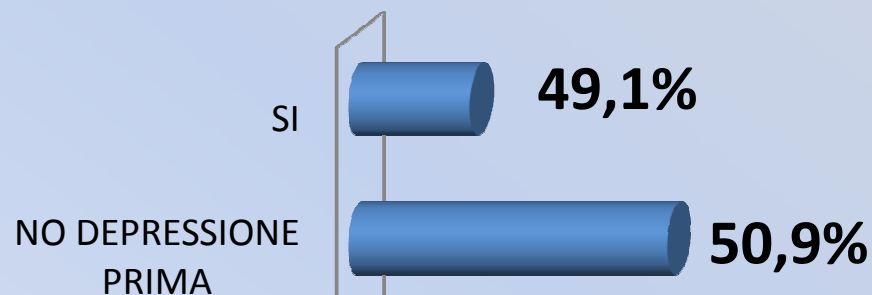


68% HA SOFFERTO SIA DI DEPRESSIONE CHE DI ANSIA

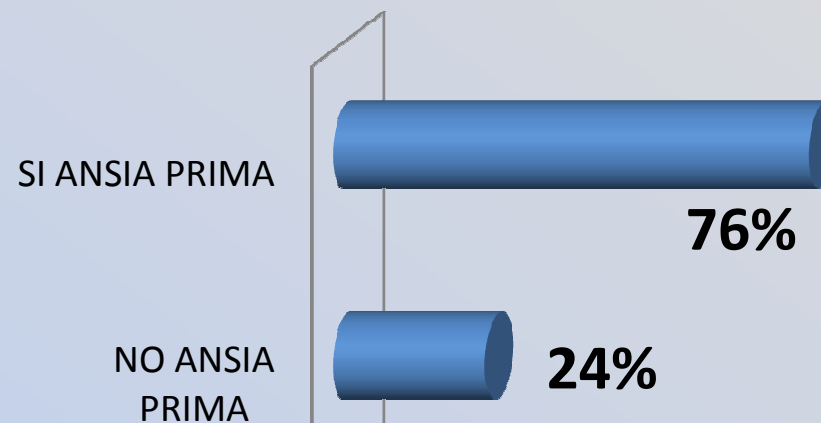
prima d'ora è mai stata depressa			ha intrapreso una psicoterapia-depressione		Total
			NO	SI	
NO	il medico le ha prescritto un farmaco per depressione	NO	20	4	24
		SI	5	7	12
Total			25	11	36
SI	il medico le ha prescritto un farmaco per depressione	NO	19	13	32
		SI	21	80	101
Total			40	93	133

prima d'ora è mai stata ansiosa			ha intrapreso una psicoterapia-ansia		Total
			NO	SI	
NO	il medico le ha prescritto un farmaco per ansia	NO	11	1	12
		SI	2	1	3
Total			13	2	15
SI	il medico le ha prescritto un farmaco per ansia	NO	37	14	51
		SI	24	75	99
Total			61	89	150

HAI MAI SOFFERTO DI DEPRESSIONE PRIMA?



HA MAI SOFFERTO D'ANSIA PRIMA?

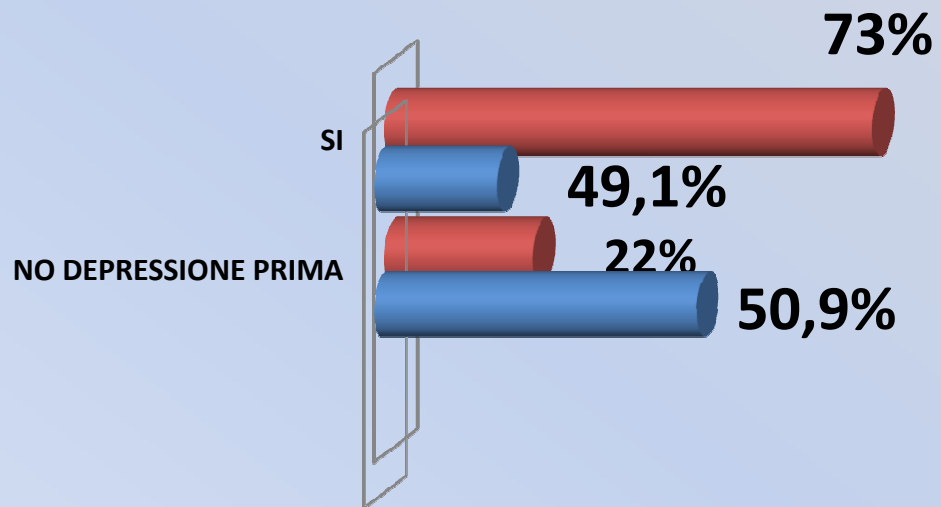


40,5% HA SOFFERTO SIA DI DEPRESSIONE CHE DI ANSIA

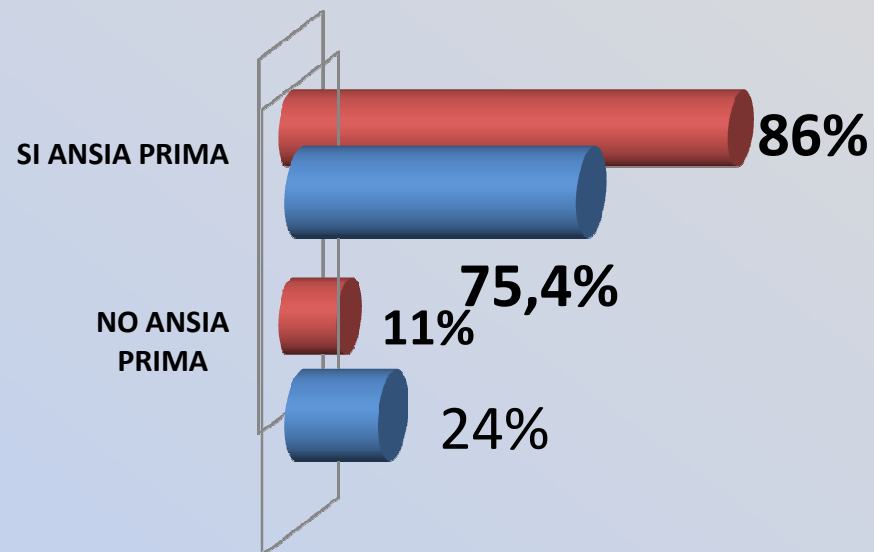
prima d'ora è mai stata depressa			ha intrapreso una psicoterapia-depressione		Total
			NO	SI	
NO	il medico le ha prescritto un farmaco per depressione	NO	52	8	60
		SI	15	6	21
Total			67	14	81
SI	il medico le ha prescritto un farmaco per depressione	NO	21	9	30
		SI	16	35	51
Total			37	44	81

prima d'ora è mai stata ansiosa			ha intrapreso una psicoterapia-ansia		Total
			NO	SI	
NO	il medico le ha prescritto un farmaco per ansia	NO	31	1	32
		SI	2	0	2
Total			33	1	34
SI	il medico le ha prescritto un farmaco per ansia	NO	53	20	73
		SI	19	29	48
Total			72	49	121

DEPRESSIONE PRIMA



ANSIA PRIMA

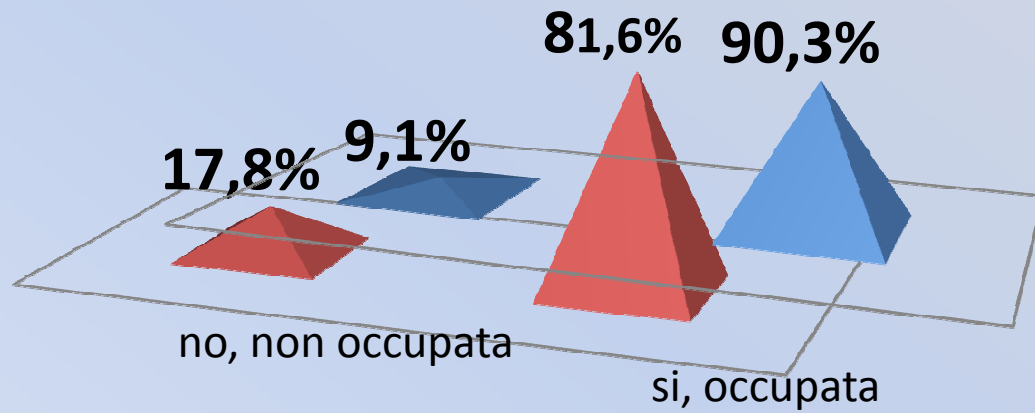


fattore di rischio *vs* protezione

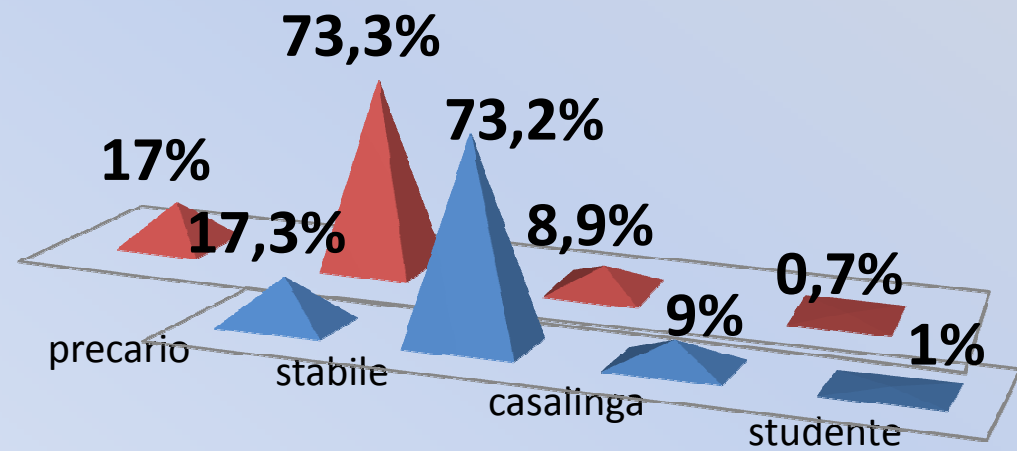
OCCUPAZIONE

(Scheda ad-hoc e PDPI-r)

OCCUPAZIONE



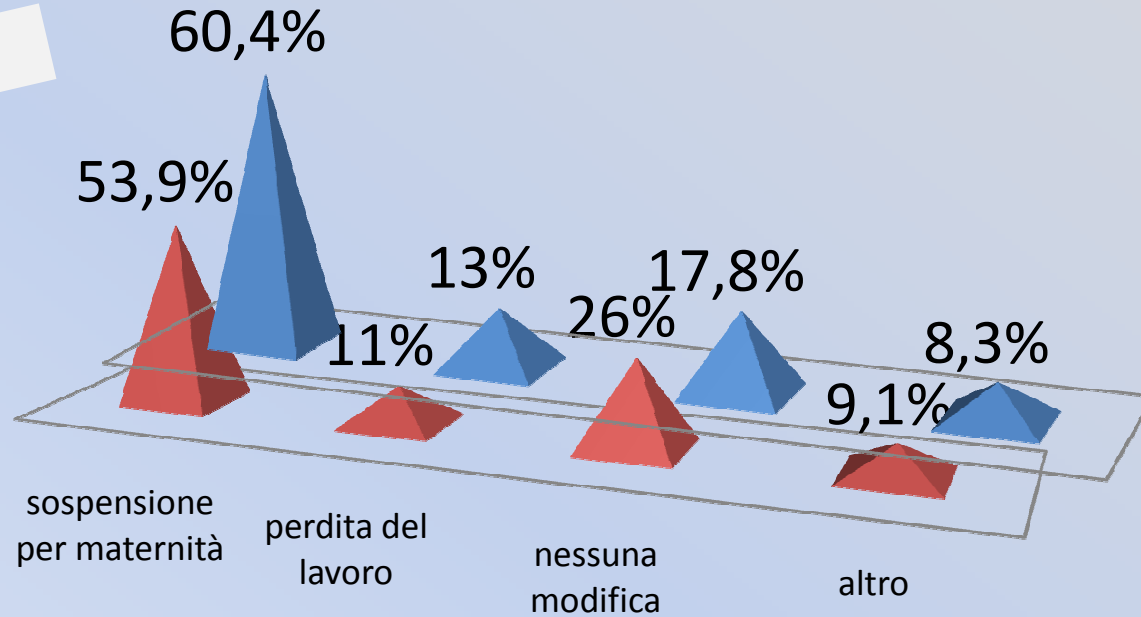
TIPO DI OCCUPAZIONE



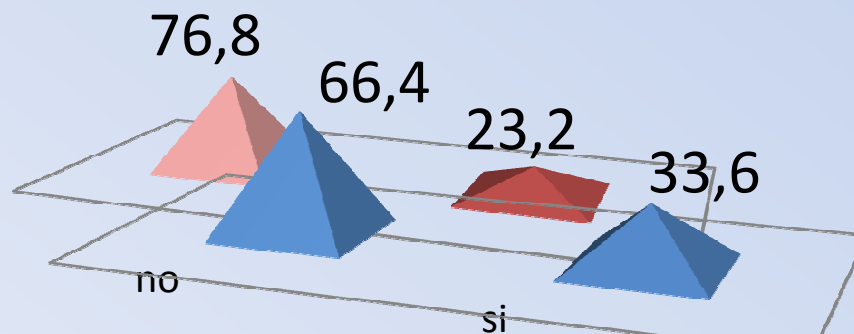
? F.R. vs. F.P.?

CONSEGUENZE DELLA GRAVIDANZA SULLA SITUAZIONE LAVORATIVA: come la gravidanza influisce/influirà sulla situazione lavorativa

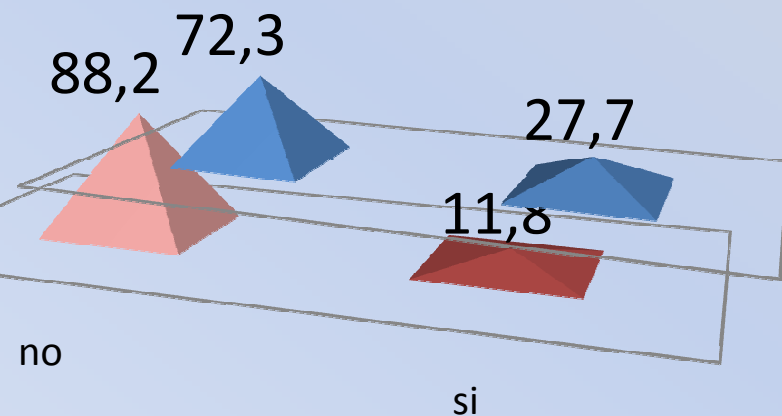
? F.R. vs. F.P.?



DISOCCUPAZIONE COME LIFE STRESSOR - PDPI



CAMBIO DI LAVORO COME LIFE STRESSOR - PDPI

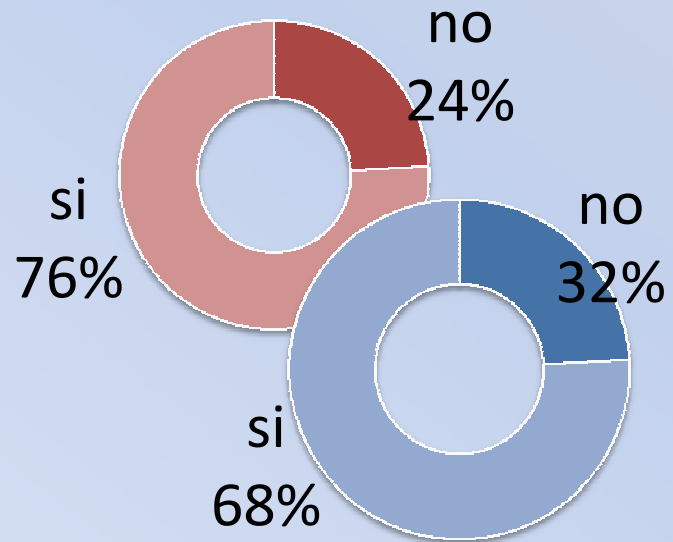


fattore di rischio *vs* protezione

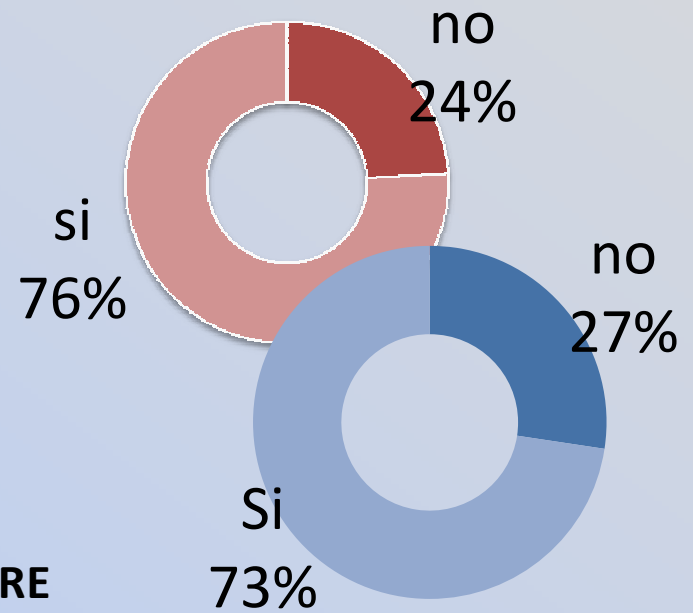
AUTOSTIMA

(PDPI-r)

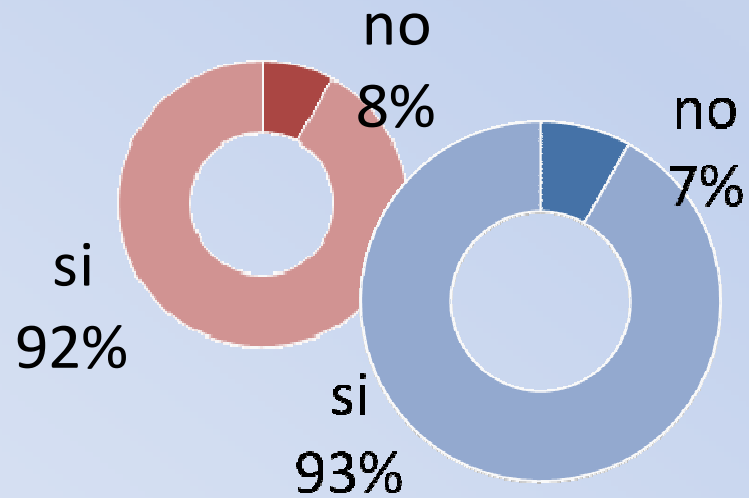
**AUTOSTIMA 1:
BUONA OPINIONE DI SE'**



**AUTOSTIMA 2:
SI SENTE MERITEVOLE**



**AUTOSTIMA 3: RITIENE AVERE
BUONE QUALITA'**

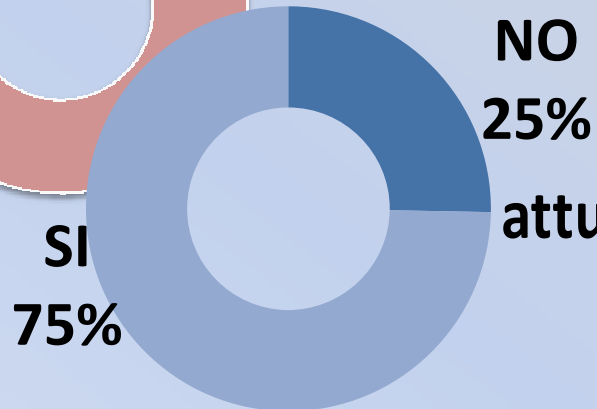
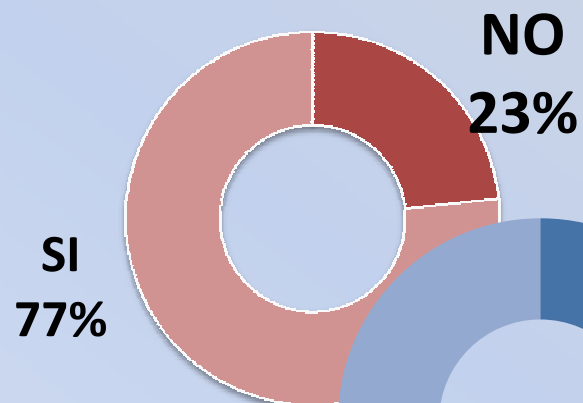


fattore di rischio *vs* protezione

RAPPORTO CON IL PARTNER

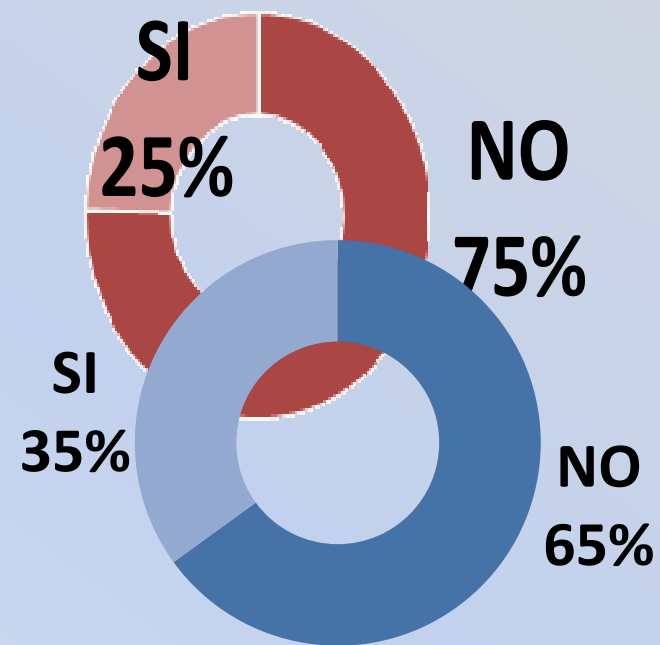
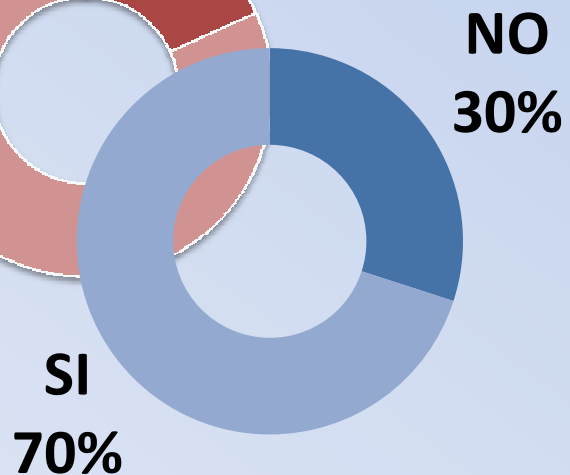
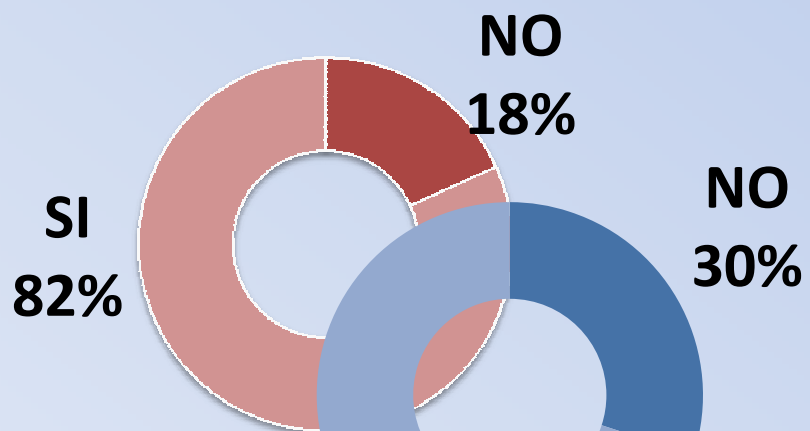
(PDPI-r)

soddisfatta del suo matrimonio

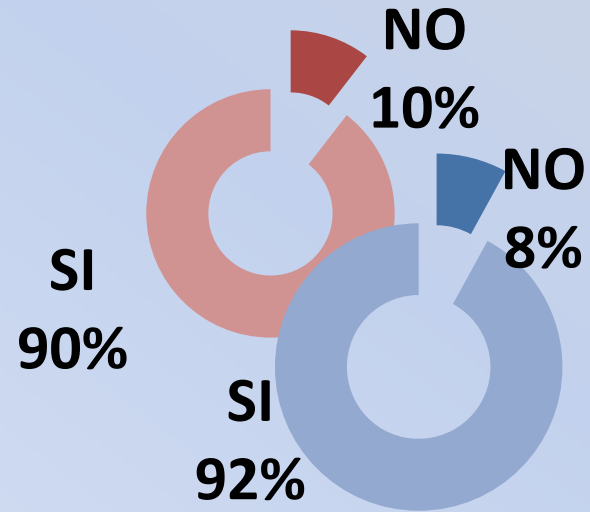


attualmente ha problemi coniugali

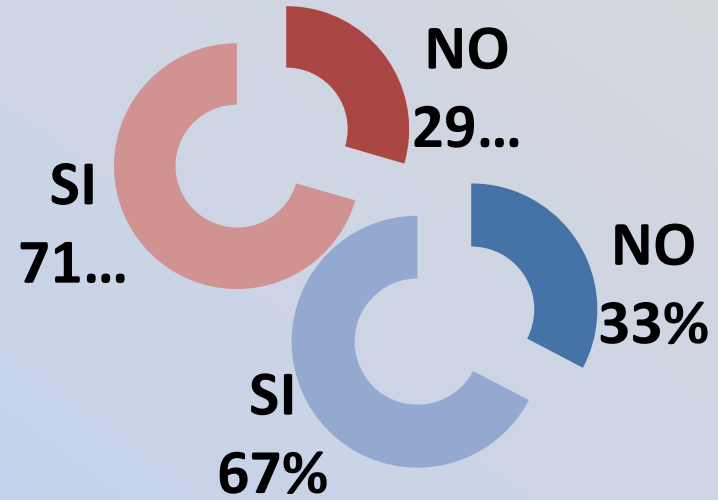
le cose vanno bene con il compagno



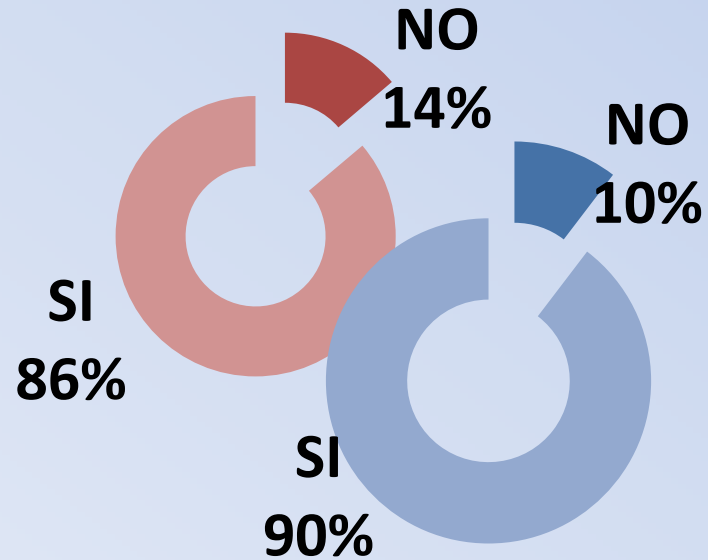
POTER CONTARE SUL PROPRIO PARTNER



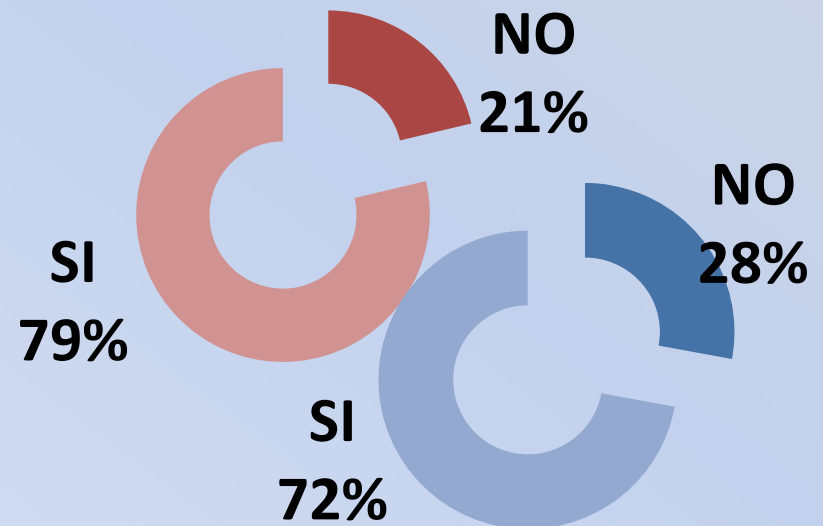
PARTNER: SUPPORTO EMOTIVO



POTER FARE AFFIDAMENTO SUL PROPRIO PARTNER



PARTNER: SUPPORTO PRATICO

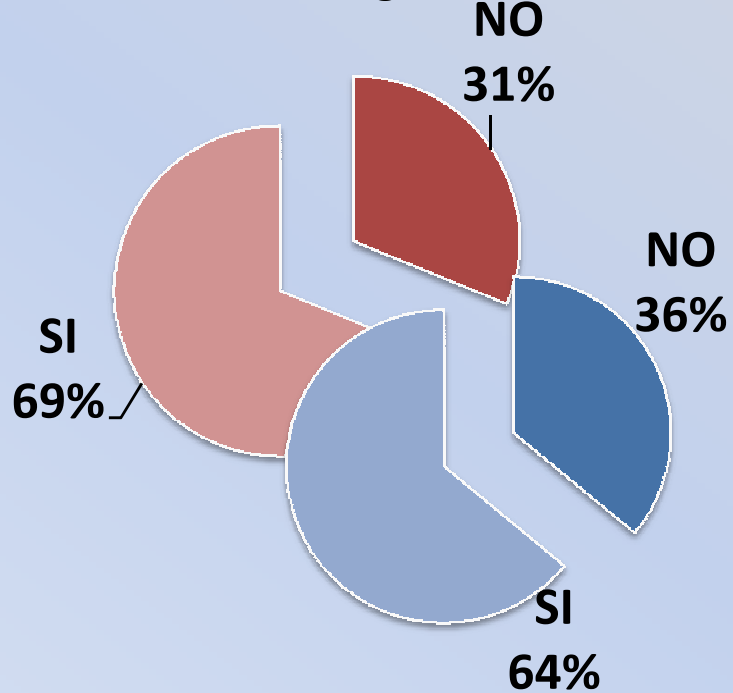


fattore di rischio *vs* protezione

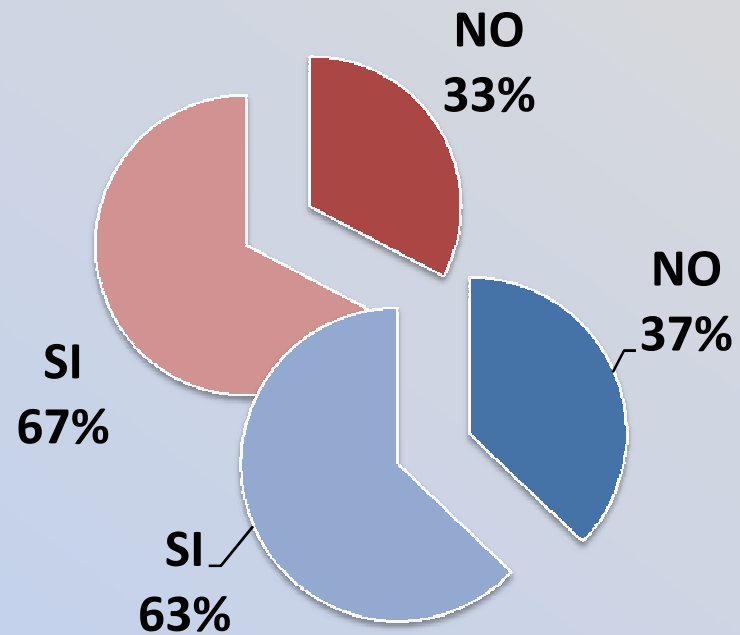
SUPPORTO RETE FAMILIARE e SOCIALE

(PDPI-r)

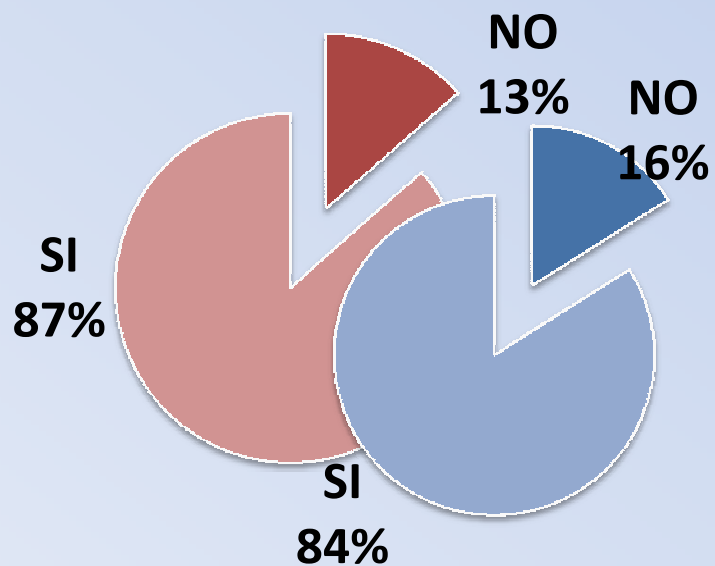
FAMIGLIA sostegno emotivo



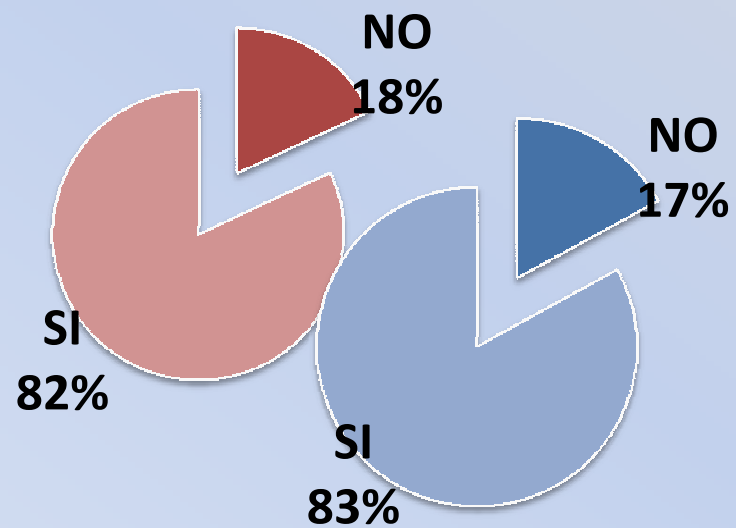
FAMIGLIA sostegno pratico



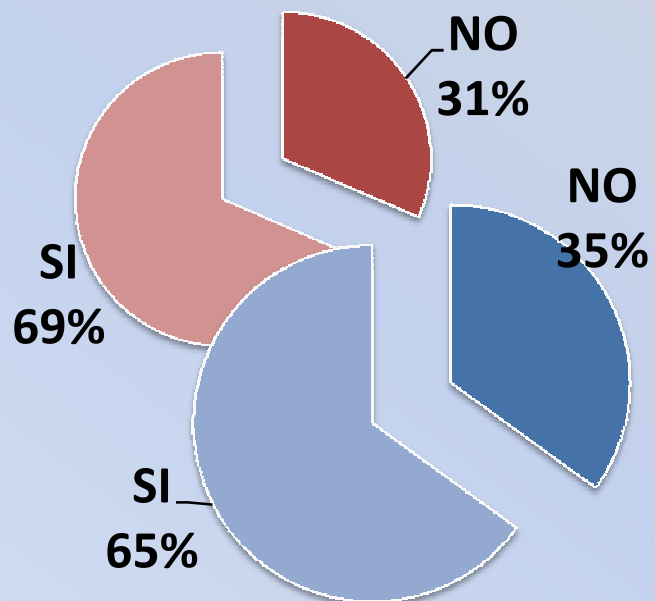
FAMIGLIA poter contare



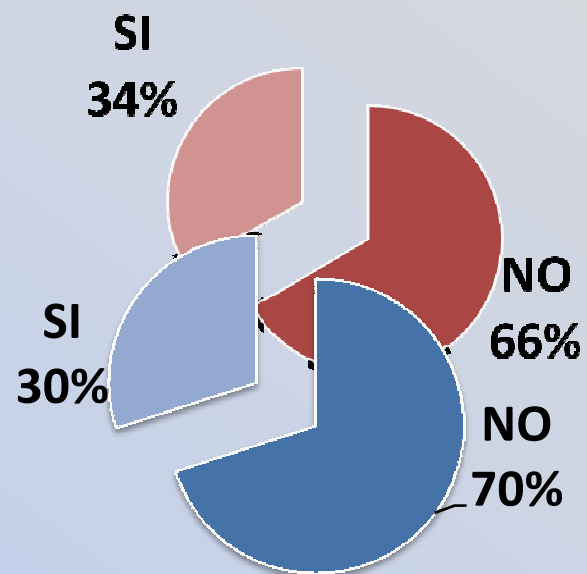
FAMIGLIA fare affidamento



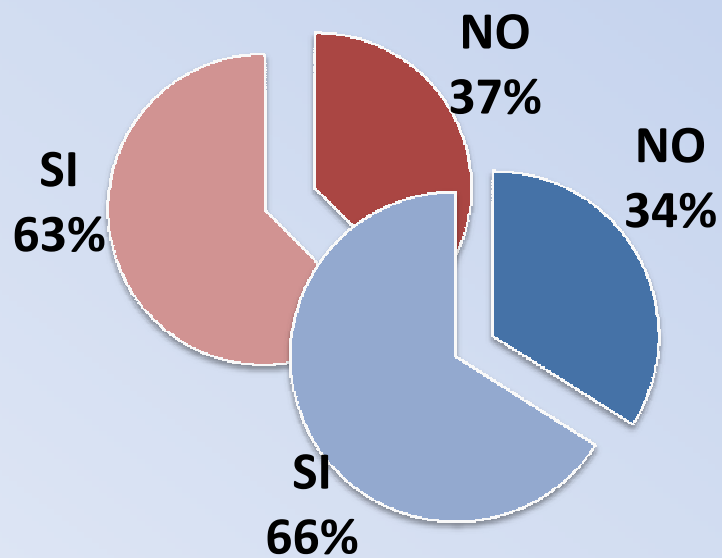
AMICI sostegno emotivo



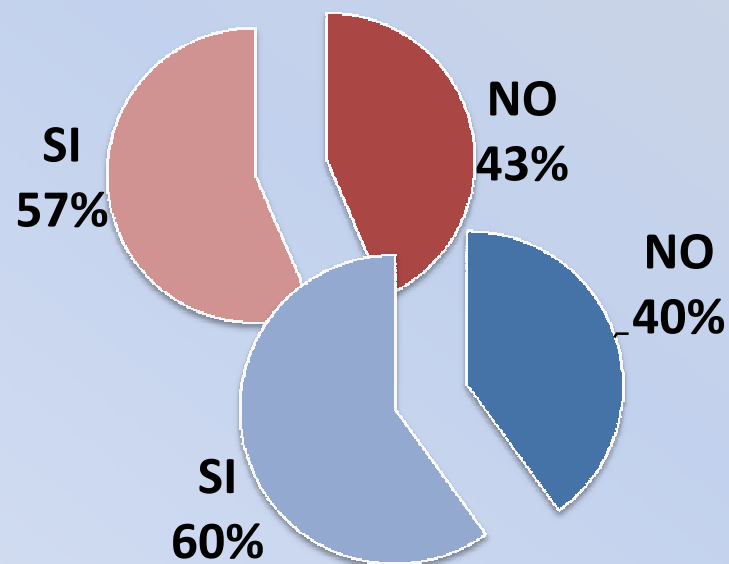
AMICI sostegno pratico



AMICI poter contare



AMICI fare affidamento

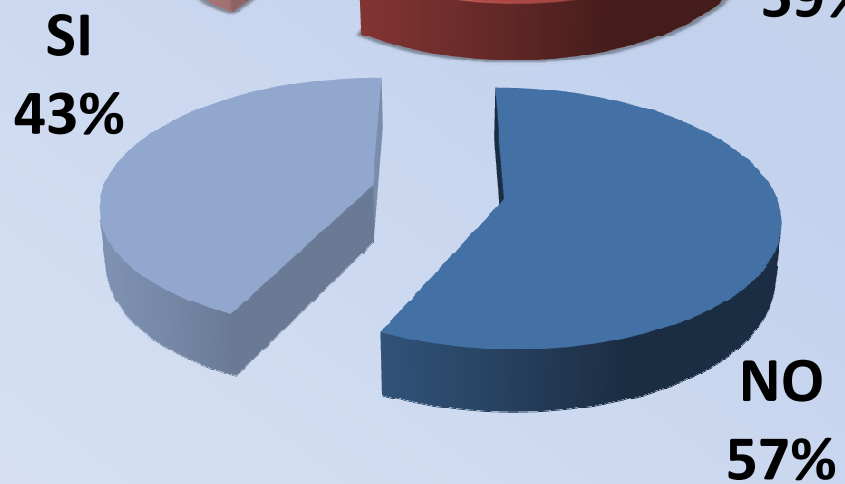
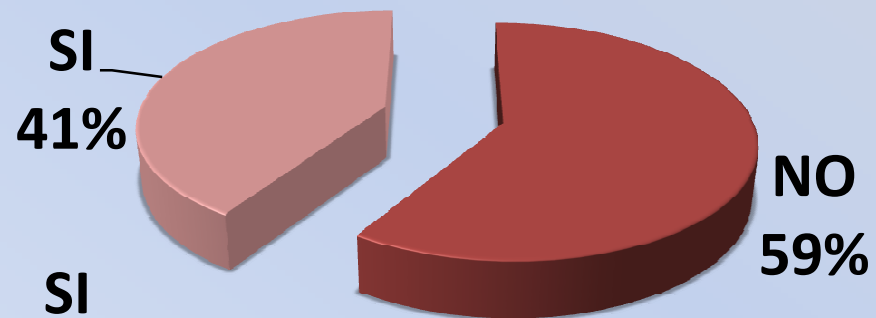


fattore di rischio *vs* protezione

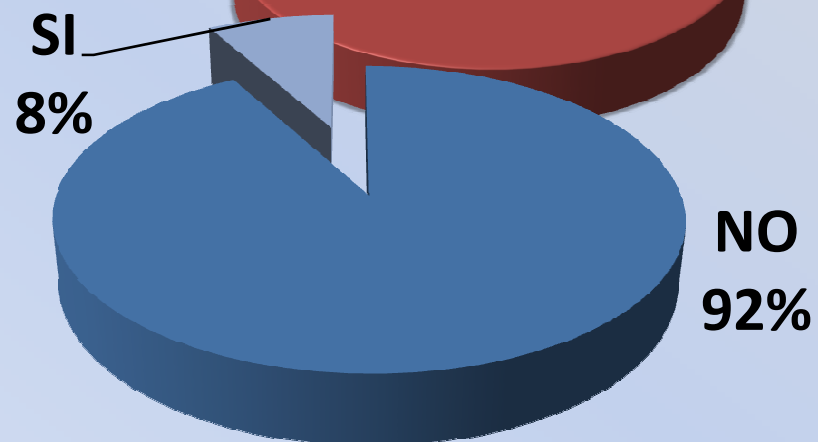
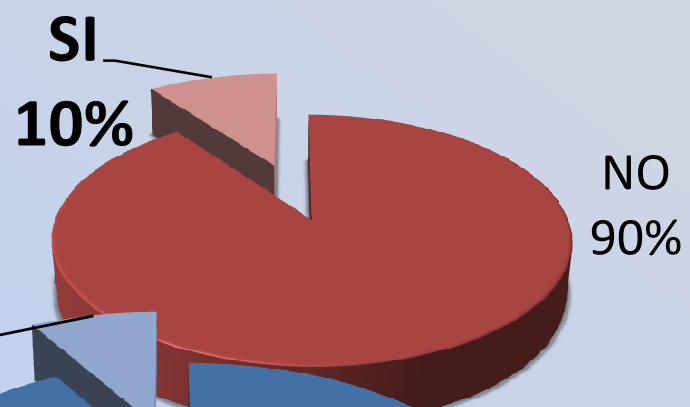
LIFE STRESSORS

(PDPI-r)

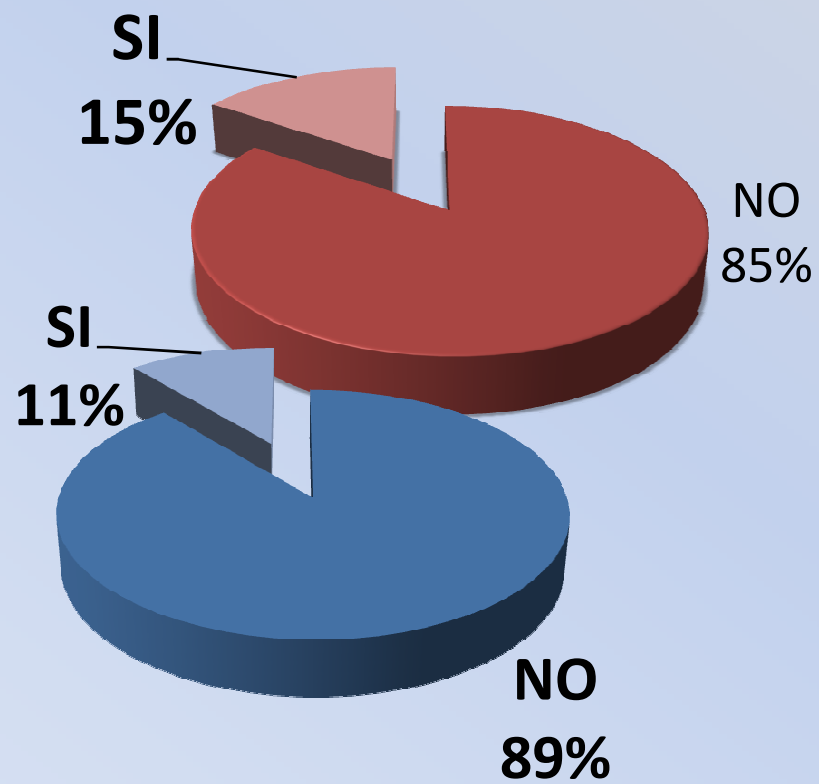
PROBLEMI FINANZIARI



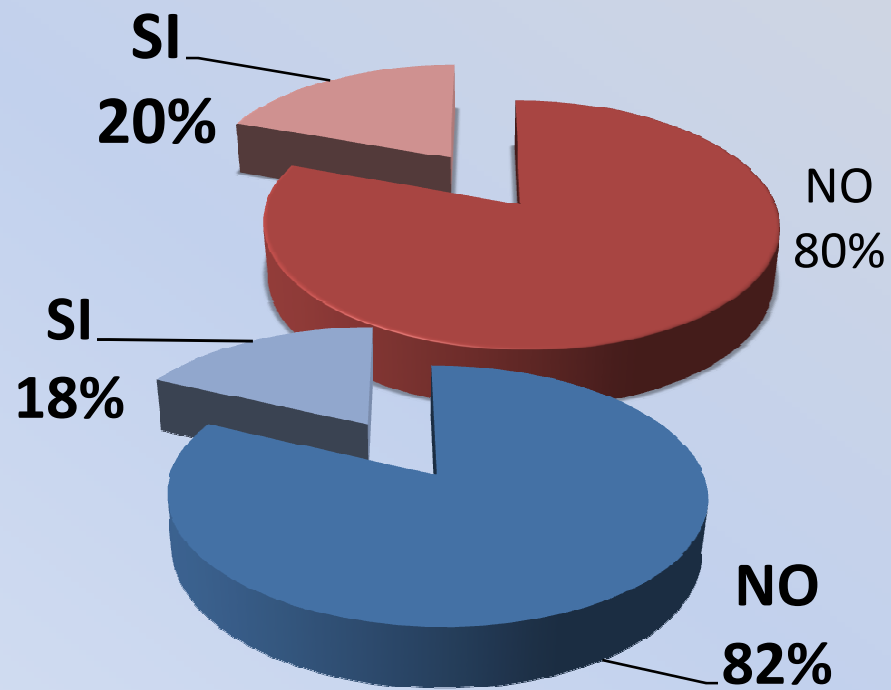
LUTTO FAMILIARE



GRAVE MALATTIA IN FAMIGLIA



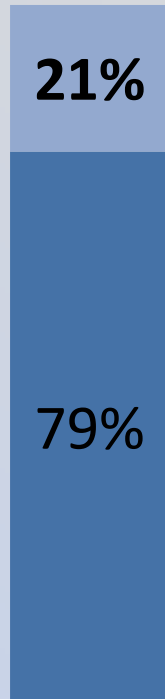
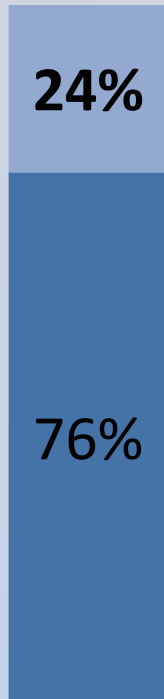
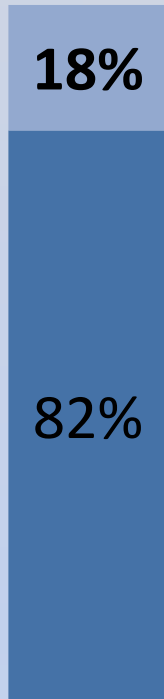
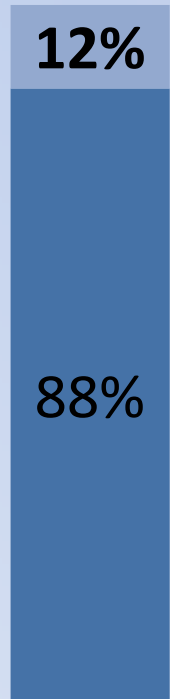
TRASFERIMENTO



fattore di rischio *vs* protezione

SALUTE E TEMPERAMENTO DEL NEONATO

(PDPI-r)



*PROBLEMI
DI SALUTE*

*PROBLEMI
ALIMENTAZIONE*

*PROBLEMI
DI SONNO*

*TEMPERAMENTO
IRRITABILE*

*PIANTO
ECCESSIVO*

*DIFFICILE DA
CONSOLARE*



SI



NO

fattore di rischio *vs* protezione

MATERNITY BLUES

(PDPI-r)

**DATI MANCANTI:
34 SOGGETTI NON
RISPONDONO**

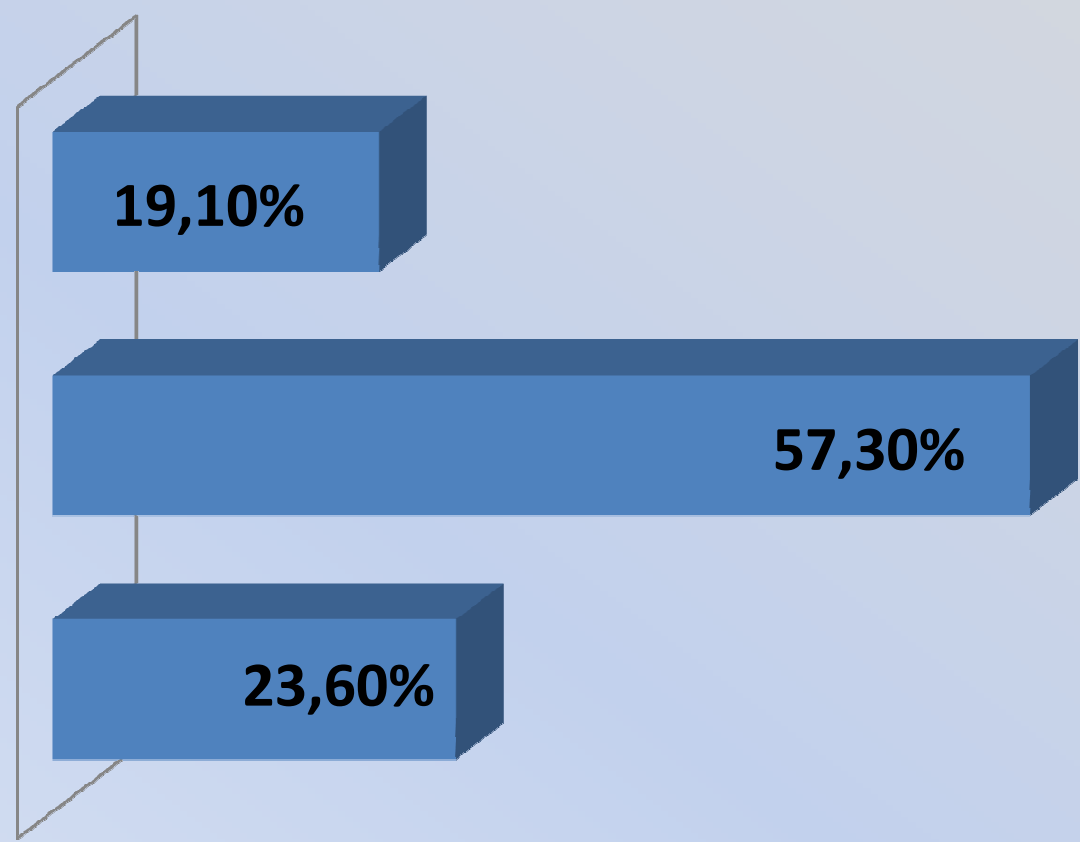
19,10%

**HANNO SOFFERTO DI
MATERNITY BLUES
70,8% DEL CAMPIONE**

57,30%

**NON HANNO SOFFERTO
DI MATERNITY BLUES**

23,60%



...

giusto approccio

adeguata conoscenza

corretta valutazione

migliore prevenzione

PRECOCE

PREDITTIVA

migliore intervento

PERSONALIZZATO

EFFICACE



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