

**INTERPERSONAL PSYCHOTHERAPY TO REDUCE
ANTENATAL DEPRESSION: EVIDENCE-BASED NURSING**



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ABSTRACT

Antenatal depression is one of the major health problems and the number of women with antenatal depression is increasing day by day, worldwide. The aim of this study was to analyze and synthesize evidence related to interpersonal psychotherapy for reducing antenatal depression. The author used the PICO framework as a guideline for searching and identify keywords. The keywords used were pregnant women, antenatal depression, and interpersonal psychotherapy. From various electronic databases, the author found a total of five relevant research studies, which contained quality in terms of validity, reliability and application of the evidence. These were three RCTs, one quasi- experimental and one pretest-posttest design research that were published in English from 2003 to 2014.

After analyzing and synthesizing the evidence, it can be recommended that there are two types of interpersonal psychotherapy (IPT) for reducing antenatal depression. The first type is IPT for women, which meet the criteria of a major depressive disorder. The second type is IPT for women with mild to moderate depression. Both types of IPT can be conducted by individuals or using a group method. Furthermore, it can include their partner and grandparents participating in the group. The outcome of the IPT program should be conducted by using The Edinburg Postnatal depression scale (EPDS). It is suggested that the clinical practice guidelines on women with mild to moderate depression, for antenatal depression management, should be developed and implemented among mothers with antenatal depression in the antenatal clinic.

**KEY WORDS: ANTENATAL MOTHER / ANTENATAL DEPRESSION /
INTERPERSONAL PSYCHOTHERAPY / EVIDENCE-BASED
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