

Abstract for the conference 'Advancing Women's Mental Health Research Across Disciplines'

Title: Mental health trajectories and dimensional phenotypes throughout pregnancy and postpartum in relation to pre-pregnancy premenstrual symptoms

Key words: Premenstrual Dysphoric Disorder (PMDD), Premenstrual Syndrome (PMS), Peripartum depression (PPD)

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Background: Premenstrual dysphoric disorder (PMDD) and peripartum depression (PPD) are two hormone-related mood disorders. Both disorders supposedly occur due to an increased sensitivity to the fluctuations of ovarian hormones, and PMDD might act as a risk factor for PPD. Well-powered studies investigating the association of the two disorders are needed, as well as investigations of the contribution of PMS/PMDD to trajectories and dimensional phenotypes of PPD.

Objective(s): The present study aimed to investigate the association between PMS/PMDD and PPD, also considering symptom severity and onset, as well as dimensional phenotypes of PPD.

Methods: Participants of two large, longitudinal pregnancy cohorts in Sweden were followed throughout pregnancy until one year postpartum, using the Edinburgh Postnatal Depression Scale (EPDS). Premenstrual symptomatology was retrospectively assessed sometime during pregnancy, along with other psychosocial characteristics. Analyses were run using EPDS as the outcome, in both a continuous and dichotomized format (threshold \geq 12), and PMS/PMDD as the main exposure.

Results: PMS, and even more markedly PMDD, were significantly associated to PPD during the whole peripartum period in both cohorts, with odds ratios up to 1.80 (early pregnancy) and 2.98 (late pregnancy), respectively for PMS and PMDD, after adjustment for confounders. The association was not different among the PPD trajectories related to onset and persistency of PPD symptoms, although PMS and PMDD were associated with dimensional phenotypes of PPD reporting more severe symptoms of depression, anxiety and anhedonia.

Conclusions: There is an association between PMS/PMDD and depressive symptoms during pregnancy and postpartum, and the association is related to dimensional phenotypes of moderate to severe symptoms of PPD.