

Women, Gender and Mental Health

EW628

Exploratory randomized controlled trial of a group psychological intervention for postnatal depression in British mothers of South Asian origin

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Introduction The rates of postnatal depression (PND) in British South Asian (BSA) women are higher than the general population. PND is known to cause disability and suffering in women and negative consequences for their infants and their family with huge costs to society. Due to linguistic and cultural barriers, BSA women do not access health care services.

Objectives To conduct an exploratory trial to test the feasibility and acceptability of a culturally adapted group Cognitive Behavioural Therapy (CBT) intervention (Positive Health Programme (PHP)).

Aim We aimed to determine if depressed BSA women receiving the PHP intervention will show significant improvements in terms of severity of depression, marital support, and social support as compared to the control group.

Methods We used a two-arm pragmatic single-blind randomised controlled design. Women meeting the inclusion criteria were randomised either to the experimental group receiving PHP or treatment as usual (TAU) that is standard care usually provided by the GP.

Results A total of 615 mothers were screened for participation in the trial, of these 137 were assessed further to determine eligibility. Eighty-three mothers were randomized to receive either PHP ($n = 42$) or treatment as usual (TAU) ($n = 41$). Mothers found the intervention to be acceptable and felt an overall positive change in their attitudes, behaviour and confidence level.

Conclusion The recruitment and retention figures (70%) highlight the ability of the research team to engage with the population. The findings suggest the acceptability of the culturally adapted PHP intervention for British South Asian women with postnatal depression.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EW630

Gender differences in benzodiazepines prescription in old age patients

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Objectives To assess the prescription of benzodiazepines (BZD) in elderly patients, and to explore any gender differences.

Methods Six hundred and fifty-four patients (≥ 65) admitted in an emergency service of a general hospital due to a fall. BZD use information was collected (dose, half-life profile).

Results BZD are significantly more prescribed to women (47.6%) than men (36.1%) ($X^2 = 8.097$, $P = 0.004$). We conducted a logistic regression analysis using as dependent variable taking or not BZD and sex as the independent one, covarying the model by age. We noted that sex remains significant despite enter the age variable in the model ($OR = 1.5$, $P = 0.013$). A total of 21.6% of patients consumed intermediate or long half-life BZDs, appearing a greater tendency to prescribe such BZD to women ($X^2 = 3.606$, $P = 0.058$). In the 58.0% of prescriptions, prescribed dose was higher than the recommended for the elderly. The percentage is significantly higher for men (70.0%) than women (53.1%). Furthermore, a total of 54 prescriptions (15.8%) were even higher than the recommended adult dose, with no significant differences between men and women.

Conclusions We found evidence of a higher prescription of BZD in women independently of age. Despite not being recommended, prescription of intermediate or long half-life BZD continues, in a slightly higher manner in women. BZD are prescribed above the recommended dose for elderly in a large number of patients, especially in men. A considerable proportion of elderly patients (15.8%) consume BZD doses even higher than the recommended for adults.

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Post-partum depression risk factors in pregnant women

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Introduction Postpartum depression has a prevalence of 15% and has consequences for mother and baby (delayed physical, social and cognitive development). It's essential to prevent the illness with an early identification of Risk Factors (RF).

Methods Five hundred and seventy-two women in 3rd trimester of pregnancy were evaluated and selected those with ≥ 1 RF