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## The outcome of Eating Disorders: Longitudinal study for pregnancy, afterbirth including mother and complications and Postpartum Depression

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**Background:** Eating Disorders (EDs) are common mental disorders during puberty and pregnancy when physical and psychological change occurred. However, EDs are experienced mostly during pregnancy and giving birth. We investigated among the women who had completely recovered from EDs. We found some influenced factors for ED relapse, postpartum depression and child and mother complications. For 10 years, 55 EDs had ED recovery and pregnant. Of them 55 consented to participate in this study (21 Bulimia Nervosa, 4 with Anorexia Nervosa).

**Objective:** To identify ED relapse during pregnancy and afterbirth and postpartum depression and also the association between ED relapse and postpartum depression.

**Methods:** We used Eating Attitudes Test-26(EAT-26) and Edinburgh Postnatal Depression Scale (EPDS) in Japanese version. We used two-sided unpaired test for statistical analysis. We made two groups. One was ED relapse group during pregnancy, the other was Non-relapse group. We compared these two groups as for postpartum depression rate, ED relapse rate and infant weight etc.

**Results:** In total, ED relapse after delivery was 50%, postpartum

depression rate was 50%. Infant weight was heavier in non-depression group than postpartum depression group. Although sample size was small, we found various kinds of complications such as placenta previa, Diabetes mellitus, etc.

**Conclusions:** We found that the rate of ED relapse and that of suffering from postpartum depression were remarkable in this group, suggesting that the necessity for long-term follow-up for Eating Disorders.

### Recent Publications:

1. Makino M, Yasushi M, Tsutsui S. The risk of eating disorder relapse during pregnancy and after delivery and postpartum depression among women recovered from eating disorders. *BMC Pregnancy Childbirth*. 2020 May 27;20(1):323.

### Biography

Mariko Makino began to see and treat eating disorder patients from 1986. Since then she has been seeing over 1500 patients with EDs. After recovering eating disorders, patients and Mariko have been keeping in touch for many years. She has completed her PhD two times, one is at the Toho-university and the other was at the university of Melbourne. Her hobby is heli-skiing, every year she visits Canada.

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