| **Author, Year****Quality** | **N Rand (% FU)\*** | **Country** | **Population** | **Population Selection (Excluded current depression)** | **Age group** | **Intervention Type (Approach);****Depression-focused** | **No. Sessions (Hrs)** | **Intervention Initiated† (Perinatal phase spanned by intervention)** | **Intervention** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Brugha, 200053Fair | 209 (90.9) | UK | Primiparous, 12-20 weeks' gestation, at increased risk of PPD | Depression (No) | Both | Counseling (CBT); Yes | 8 (14) | g16 (Pregnant) | Eight 2-hour weekly CBT antenatal group classes |
| Brugha, 201166 Fair | 2824 (79.4) | UK | 6 weeks' postpartum, <12 on EPDS | None (Yes) | Adults | Health System (Home visitor); Yes | NR (NR) | p6 (Postpartum) | Health Visitor trained in systematic assessment of depressive symptoms |
| Cooper, 201595Fair | 301 (88.3) | GBR | Primiparous women scoring at risk of developing PPD | Both (No) | Adults | Counseling (NR); No | 11 (NR) | p30 (Postpartum) | 11 home visits providing supportive counseling, parenting skills, education about infant development and behavior |
| Davis, 2015110Fair | 46 (87.0) | US | Women with elevated anxiety symptoms, up to 28 weeks' gestation; EPDS ≥ 9 | Both (No) | Adults | Yoga (Yoga); No | 8 (10) | g20.8 (Pregnant) | Eight 75-minute yoga sessions |
| Dennis, 2003105Fair | 42 (97.6) | CAN | 8-12 weeks postpartum, at high-risk for postpartum depression (EPDS >9) | Depression (No) | Adults | Support (Peer support); Yes | 5 (3) | p10 (Postpartum) | Telephone-based peer support, length or number of sessions at discretion of peer volunteers. |
| Dennis, 200977Fair | 701 (85.6) | CAN | New mothers, 2 weeks postpartum, high risk of PPD (EPDS >9) | Depression (No) | Adults | Support (Peer support); Yes | 9 (2) | p2 (Postpartum) | Minimum of 4 peer phone support contacts |
| Di Blasio, 2015112Fair | 120 (94.2) | ITA | Women who had given birth in past few days | None (No) | Adults | Other (Expressive writing); No | 2 (1) | p0 (Postpartum) | Two, 15-20 minute expressive writing sessions in 1 day. |
| Dimidjian, 201690Fair | 86 (80.2) | US | Pregnant adult women, up to 32 weeks' gestation, history of depression | Depression (No) | Adults | Counseling (CBT, MT); Yes | 8 (16) | g16 (Pregnant) | Eight weekly, 2-hour sessions of mindfulness-based cognitive therapy for perinatal depression |
| Dugravier, 201372Fair | 367 (75.7) | FRA | First-time mothers age <26 and high-risk based on SES, 12-27 weeks gestation | Other (No) | Adults | Counseling (NR); Yes | 14 (NR) | g19.5 (Both) | 14 home visits to support effective parenting skills and use of health, community, and social support systems |
| Feinberg, 200891Fair | 169 (89.9) | US | Heterosexual couples living together expecting first child | None (No) | Adults | Counseling (Couples); No | 8 (NR) | g22.9 (Both) | Four prenatal psychoeducational group sessions, followed by 4 postnatal group sessions promoting positive joint parenting |
| Fisher, 201680Good | 400 (91) | AUS | Primiparous women, <6 weeks postpartum | None (No) | Both | Education (Prenatal Gen Edu); No | 1 (6) | p6 (Postpartum) | Single 6 hour psychoeducational group session for couples that are first-time parents |
| Fontein-Kuipers, 201674Fair | 433 (79.2) | NLD | 4-14 weeks' gestation | None (No) | Adults | Health System (Prenatal care); Yes | 1 (NR) | g7 (Pregnant) | Midwives specially trained in prenatal care plus one computer-based assessment session with personalized feedback for pregnant women |
| Gorman, 199781Fair | 45 (86.6) | US | Pregnant women in third trimester, high risk based on personal or family history of depression, low support, or life events | Both (No) | Both | Counseling (IPT); Yes | 5 (NR) | g32 (Pregnant) | Five psychoeducation & IPT sessions during late pregnancy and first four weeks postpartum. |
| Hayes, 2001103Fair | 206 (91.2) | AUS | First-time mothers, 12-28 weeks' gestation | None (No) | Adults | Education (PPD Edu); Yes | 1 (NR) | g20 (Pregnant) | One PPD informational session reviewing an educational package with an experienced midwife |
| Heh, 2003102Fair | 70 (100) | TW | First-time mothers, 4-6 weeks postpartum, EDPS ≥10 | Depression (No) | Adults | Education (PPD Booklet); Yes | 1 (NR) | p5 (Postpartum) | One educational booklet on PPD received 6 weeks postpartum |
| Hiscock, 2002109Fair | 156 (98.7) | AUS | Women with infants 6-12 months of age reporting infant sleep problems, not receiving treatment for postnatal depression | Both (No) | Adults | Sleep (Sleep); No | 3 (NR) | p37 (Postpartum) | 3 private consultation sessions to promote infant sleep |
| Hiscock, 201478Fair | 770 (71) | AUS | Primary caregiver of newborn infants 7-10 days postpartum | None (No) | Adults | Sleep (Sleep); No | 2 (NR) | p4 (Postpartum) | One mailed information packet focused on infant crying and sleeping, and parent self-care; One telephone call (minutes NR); One 1.5 hour group session |
| Howell, 201275Fair | 540 (78) | US | Black/African American or Hispanic/Latino postpartum women, 0-3 days postpartum | None (No) | Adults | Education (PPD Edu); Yes | 2 (0) | p0 (Postpartum) | 15 minute in-person PPD educational session in the hospital post-delivery and follow-up phone call |
| Howell, 201476Fair | 540 (86) | US | White or Asian women, 0-2 days postpartum | None (No) | Adults | Education (PPD Edu); Yes | 2 (0) | p0 (Postpartum) | 15 minute in-person PPD educational session in the hospital post-delivery and follow-up phone call |
| Kenyon, 201668Good | 1324 (92) | UK | Nulliparous women, <28 weeks' gestation, with social risk factors | Other (No) | Both | Support (Case Mgmt); No | NR (NR) | g13 (Both) | Case management by lay pregnancy outreach worker, including support and advice (sessions NR) |
| Kozinsky, 201293Fair | 1438 (97.6) | HU | Hungarian women, 25 weeks' gestation, only abstracted non-depressed subgroup, LQ<=11 | None (No) | Adults | Counseling (CBT,IPT); Yes | 4 (12) | g25 (Pregnant) | Four 3-hour group IPT/CBT sessions |
| Le, 201184Fair | 217 (80.2) | US | Latinas, ≤24 weeks gestation, at high risk for depression (CESD ≥16 or personal or family history of depression) | Depression (No) | Adults | Counseling (CBT); Yes | 11 (16) | g14 (Both) | Eight 120-minute weekly group CBT Mothers and Babies Course prenatal sessions and three individual postpartum booster sessions |
| Leung, 201294\Fair | 156 (93) | HKG | 14-32 weeks' gestation | None (No) | Adults | Counseling (IPT); Yes | 4 (6) | g20.2 (Pregnant) | Four 90-minute group sessions targeting interpersonal issues and intergenerational conflict |
| Llorente, 200351Fair | 101 (64.8) | US | Women planning on breastfeeding their infants exclusively for at least 4 months within 1 week postpartum | None (No) | Adults | Supplements (DHA Supplmentation); Yes | NA (NR) | p1 (Postpartum) | DHA Supplementation |
| MacArthur, 200273Fair | 2064 (73) | UK | Postpartum | None (No) | Both | Health System (Postpartum care); Yes | NR (3) | p0 (Postpartum) | Postpartum care delivered by midwives with additional training in depression screening and management |
| Maimburg, 2015104Good | 1193 (90) | DNK | Nulliparous women, 10-22 weeks' gestation | None (No) | Adults | Education (Prenatal PPD module; No | 3 (9) | g24 (Pregnant) | Three 3-hour prenatal group education sessions, including a didactic session on PPD |
| Milgrom, 201197Fair | 143 (62.2) | AUS | 20-32 weeks' gestation | None (No) | Adults | Counseling (CBT); Yes | 8 (4) | g25 (Both) | Eight 30-minute phone counseling sessions with self-guided CBT workbook |
| Morrell, 200082Fair | 623 (79.1) | GBR | At delivery | None (No) | Both | Support (Home visitor); No | 10 (30) | p0 (Postpartum) | Ten 3-hour support worker visits per day over the first 28 days postpartum, providing practical and emotional support |
| Mozurkewich, 201350Good | 126 (93.4) | US | 12-20 weeks' gestation, EPDS 9-19 or history of depression | Depression (Yes) | Adults | Supplements (EPA-rich fish oil); Yes | 4 (NR) | g16 (Both) | IG1: EPA-rich fish oil supplementation |
| 126 (93.4) | US | 12-20 weeks' gestation, EPDS 9-19 or history of depression | Depression (Yes) | Adults | Supplements (DHA-rich fish oil); Yes | 4 (NR) | g16 (Both) | IG2: DHA-rich fish oil supplementation |
| Munoz, 200783Fair | 41 (NR) | US | Low-income women, primarily immigrant Latina, 12-32 weeks' gestation, meeting high-risk criteria for MDE | Depression (Yes) | Adults | Counseling (CBT); Yes | 16 (NR) | g16 (Both) | 12 weekly CBT prenatal mood management sessions and 4 postpartum booster sessions |
| Norman, 2010101Fair | 161 (80.7) | AUS | 6-10 weeks postpartum, ready for discharge from the postnatal ward | None (No) | Adults | PA (PA); No | 8 (12) | p8 (Postpartum) | Eight 60-minute group exercise sessions followed by 30-minute education sessions |
| Ortiz Collado, 201489Fair | 184 (69) | FRA, ESP | Low SES women, ≤20 weeks' gestation, at moderate to high risk of PPD (≥3 on risk rating scale) | Both (Yes) | Adults | Counseling (Tourme); Yes | 20 (23) | g12 (Pregnant) | Ten 135-min couples' psychosomatic humanist group sessions, ten follow-up phone calls |
| Perales, 2015100Good | 184 (90.7) | ESP | 9-12 weeks' gestation | None (No) | Adults | PA (PA); No | 90 (90) | g10.5 (Both) | Ninety 60 minute group exercise sessions (three times per week for 30 weeks) |
| Phipps, 201341Good | 106 (94) | US | Adolescents (age ≤17 years at conception), <25 weeks' gestation, no current affective disorder. | None (No) | Adolescents | Counseling (IPT); Yes | 6 (6) | g20.5 (Both) | Five 60-minute prenatal IPT sessions (delivered in group and individual format), one postpartum session delivered in hospital after delivery |
| Priest, 2003111Fair | 1745 (80.3) | AUS | 1 to 3 days post-delivery | None (No) | Adults | Debrief (Debrief); No | 1 (1) | p0 (Postpartum) | One 15 to 60-min standardized debriefing session in hospital |
| Reid, 2002106Fair | 1004 (73) | GBR | Primiparous women, 34-37 weeks' gestation | None (No) | Adults | Support (Support group); No | (NR) | p35.5 (Postpartum) | Weekly 2-hour support non-directive group sessions (only 18% attended any meetings) |
| Small, 200044Fair | 1041 (88) | AUS | Operative delivery, at least 1 day postpartum | Other (No) | Both | Debrief (Debrief); No | 1 (1) | p0 (Postpartum) | One debriefing session, up to 60 min, with midwife |
| Songoygard, 201299Fair | 855 (84.1) | NOR | 18 weeks' gestation | None (No) | Adults | PA (PA); No | 12 (12) | g18 (Pregnant) | Twelve 60-minute group exercise sessions with instructions for home exercise and dietary advice |
| Stamp, 1995107Fair | 144 (87) | AUS | <24 weeks' gestation, risk of postnatal depression | Both (No) | Adults | Support (Support group); No | 3 (NR) | g14 (Pregnant) | Two antenatal non-directive, practical, and supportive group sessions held at 32- and 36-weeks' gestation and at 6-weeks postpartum |
| Tandon, 201179Fair | 98 (60.2) | US | Low income, pregnant and up to 26-weeks postpartum, elevated depressive symptoms (CES-D ≥16) and/or lifetime depressive episode (but were not currently exhibiting a depressive episode) | Depression (Yes) | Adults | Counseling (CBT); Yes | 11 (12) | p13 (Unclear/variable) | Six 120-minute CBT group sessions and five 5-10 minute during one-on-one home visits |
| Tandon, 201438Fair | 120 (97.4) | US | Low income, pregnant and up to 26 weeks postpartum, elevated depressive symptoms (CES-D ≥ 16) and/or lifetime depressive episode (but not currently exhibiting a depressive episode) | Depression (Yes) | Adults | Counseling (CBT); Yes | 13 (16) | p13 (Unclear/variable) | Six 120-minute group CBT Mothers and Babies Course sessions, five 5-10 minute home visit reinforcements, two booster sessions |
| Werner, 201685Fair | 54 (64.8) | US | 28-38 weeks' gestation | Both (No) | Adults | Sleep (Sleep); No | 4 (NR) | p36 (Both) | Three in-person sessions plus 1 phone session teaching skills to manage infant crying and promote sleep, plus psychological support |
| Wiggins, 200467Good | 731 (90) | GBR | Living in economically deprived districts, ≤10 weeks postpartum | None (No) | Adults | Support (Home visitor); No | 7 (10) | p9 (Postpartum) | IG1: Up to 22 in-person supportive listening home visits |
| 731 (90) | GBR | Living in economically deprived districts, ≤0 weeks postpartum | None (No) | Adults | Support (Community referral); Yes | (2) | p9 (Postpartum) | IG2: Referral to community support organizations for their standard service; services varied by community organization. |
| Wisner, 200146Fair | 58 (92.2) | US | 35 weeks' gestation or less; history of postpartum-onset MDD in the previous 5 years but no current treatment for depression | Depression (No) | Adults | Antidepressant (Nortriptyline); Yes | 0 (0) | p0 (Postpartum) | Nortriptyline |
| Wisner, 200445Fair | 22 (88.0) | US | 35 weeks' gestation or less; history of postpartum-onset MDD in the previous 5 years but no current treatment for depression | Depression (No) | Adults | Antidepressant (Sertraline); Yes | 0 (0) | p0 (Postpartum) | Sertraline |
| Woolhouse, 201492Fair | 32 (71.8) | AUS | 11-33 weeks' gestation | None (No) | Adults | Counseling (MT); No | 6 (12) | g19 (Pregnant) | Six 120-minute weekly mindfulness-based group therapy sessions |
| Zlotnick, 200186Fair | 37 (94.6) | US | Women receiving public assistance, 20-32 weeks' gestation with at least one predictor of postpartum depression | Both (Yes) | Adults | Counseling (IPT); Yes | 4 (4) | g26 (Pregnant) | Four 60-minute interpersonal therapy-oriented weekly group sessions |
| Zlotnick, 200687Fair | 99 (86.9) | US | Women on public assistance, 23-32 weeks' gestation and at risk for postpartum depression but not currently depressed | Both (Yes) | Adults | Counseling (IPT); Yes | 5 (5) | g27.5 (Both) | Four 6-minute prenatal group IPT sessions and one 50-minute postpartum individual booster session. |
| Zlotnick, 201188Fair | 54 (85.2) | US | 18 to 40 years old with past-year intimate partner violence | Other (Yes) | Adults | Counseling (IPT); Yes | 5 (5) | g21.3 (Pregnant) | Four weekly 60-minute prenatal individual IPT sessions followed by one 60-minute booster sessions within 2 weeks of delivery |
| Zlotnick, 201642Good | 205 (86.3) | US | Receiving public assistance, 20-35 weeks' gestation, ≥27 on the CSQ and no current depression | Both (Yes) | Adults | Counseling (IPT); Yes | 5 (7) | g27.1 (Both) | Four weekly 90-minute IPT prenatal group sessions and one 50-minute individual postnatal session |

\* Followup at the assessment closest to 6 months postpartum

†Estimated average week that the intervention was initiated; “g” indicates during gestation and “p” indicates postpartum; thus, for example, g37=37 weeks’ gestation and p12=12 weeks postpartum

**Abbreviations**: AUS = Australia; CAN = Canada; CBT = cognitive behavioral therapy; CESD = Center for Epidemiologic Studies Depression scale; DHA = Docosahexaenoic acid; DNK = Denmark; EPA = Eicosapentaenoic Acid; EPDS = Edinburgh Postnatal Depression Scale; ESP = Spain; Est = estimated; FRA = France; FU = followup; g = weeks’ gestation; GBR = Great Britain; HKG = Hong Kong; hrs = hours) HU = Hungary; IG = intervention group; MDD = major depressive disorder; MDE = major depressive episode; MT = mindfulness therapy; No. = number; NOR = Norway; IPT = interpersonal therapy; NLD = the Netherlands; NR = not reported; p = weeks postpartum; PA = physical activity; PPD = postpartum depression; Rand = randomized; SES = socioeconomic status; TW = Taiwan; UK = United Kingdom, US = United States