

精神疾患の疫学：産後うつ病共同プロジェクト

産後うつ病共同プロジェクト

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要旨：A multicentre study on the epidemiology of perinatal depression was conducted among Japanese women expecting the first baby (N = 290). The incidence rate of the onset of the DSM-III-R Major Depressive Episode during pregnancy (the antenatal depression) and within 3 months after delivery (the postnatal depression) were 5.6% and 5.0%, respectively. The women of the antenatal depression were characterised by young age, and own negative attitude towards the current pregnancy whereas the women of the postnatal depression were characterised by poor accommodation, dissatisfaction with sex of the newborn baby, and dissatisfied with the emotional undermining. The experience of the antenatal depression was a risk factor of the postnatal depression.

特徴：DSM-III-R に従って精神科診断を下した。

項目	埼玉医大	岡山大学	九州大学	琉球大学	三重大学	全体
<u>産後3ヵ月までの追跡 完了人数 (A)</u>	72	63	66	64	25	290
<u>妊娠期間中の発症</u>						
大うつ病 (%)	5 (7)	5 (8)	1 (2)	3 (5)	2 (8)	16 (6)
特定不能のうつ病 (%)	3 (4)	2 (3)	5 (8)	1 (2)	1 (4)	12 (4)

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全般性不安障害 (%)	2 (3)	2 (3)	3 (5)	1 (2)	0	8 (3)
広場恐怖	0	1 (2)	1 (2)	0	0	2 (1)
社会恐怖	0	1 (2)	0	0	0	1 (0)
特定の恐怖症	0	1 (2)	1 (2)	0	0	2 (1)
上記のいずれか	9 (13)	7 (11)	11 (17)	5 (8)	3 (12)	35 (12)
<u>産後の発症</u>						
大うつ病	3 (4)	4 (6)	3 (5)	4 (6)	1 (4)	15 (5)
特定不能のうつ病	4 (6)	2 (3)	5 (8)	2 (3)	1 (4)	14 (5)
躁病	0	1 (2)	0	0	0	1 (0)
全般性不安障害	0	2 (3)	0	0	0	2 (1)
パニック障害	0	1 (2)	0	1 (2)	1 (4)	3 (1)
社会恐怖	1 (1)	0	0	0	0	1 (0)
特定の恐怖症	1 (1)	0	0	1 (2)	0	2 (1)
強迫性障害	1 (1)	1 (2)	3 (5)	0	0	5 (2)
上記のいずれか	9 (13)	7 (11)	11 (17)	7 (11)	3 (12)	37 (13)
<u>分娩時点で抑うつ状態だった者 (B)</u>	0	3 (5)	3 (5)	1 (2)	1 (4)	8 (3)
<u>分娩時点で psychotic disorder だった者 (C)</u>	0	1 (2)	0	0	0	1 (0)
<u>産後うつ病分析の対象者 (A-B-C)</u>	72	59	63	63	24	281
大うつ病	3 (4)	3 (5)	3 (5)	4 (7)	1 (4)	14 (5)

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特定不能のうつ病	4 (6)	2 (3)	5 (8)	2 (3)	1 (4)	14 (5)
躁病	0	0	0	0	0	0
全般性不安障害	0	2 (3)	0	0	0	2 (1)
パニック障害	0	1 (2)	0	1 (2)	1 (4)	3 (1)
社会恐怖	1 (1)	0	0	0	0	1 (0)
特定の恐怖症	1 (1)	0	0	1 (2)	0	2 (1)
強迫性障害	1 (1)	1 (2)	2 (3)	0	0	4 (1)
上記のいずれか	9 (13)	5 (8)	10 (16)	7 (11)	3 (13)	34 (12)