



RISEUP-PPD

TRAINING SCHOOL #3
EVIDENCE-BASED
INTERVENTIONS IN
PERIPARTUM DEPRESSION

FEBRUARY · 17-19 · 2021





RISEUP-PPD

OVERVIEW

Training School in Evidence-Based Interventions in PPD

17 to 19 February 2021

Introduction

The Training School “*Evidence-based interventions in Peripartum Depression [PPD]*” is organized by the RISEUP PPD COST Action, Workgroup 1 - Prevention and Treatment Strategies in Peripartum Depression Disorder (PPD). The main goal of this workgroup is to synthesize current knowledge concerning diagnosis and management of PPD, including well-established interventions and new lines of research, and to disseminate this knowledge by providing training to researchers and health professionals working in perinatal settings.

We will start by defining what are evidence-based studies and how they contribute to clinical recommendations, and by giving a general overview about the development of clinical practice guidelines. Following this, we will target the current state-of-the-art concerning evidence-based psychopharmacological and psychological approaches for PPD. We will end this training school by presenting some new intervention approaches for PPD that have been the focus of recent studies.

This training school is also designed to foster valuable skills to highly motivated young health professionals and researchers who might be interested in conducting clinical activities or research in the field of perinatal mental health.

Main Objectives

The main objectives of this training school are:

- To provide an overview of the development of evidence-based practice;
- To distinguish between evidence-based and non-evidence-based clinical practice and understand the implications of applying non evidence-based clinical practices to the clinical management of PPD;
- To learn about evidence-based psychopharmacological approaches for PPD management;
- To learn about evidence-based psychological approaches for PPD management (e.g., Cognitive-Behavioral Therapy);
- To be aware of non-invasive brain stimulation approaches for PPD;

Target Audience

Health professionals working in the perinatal field, researchers, lab managers, PhD and master's students, other science professionals.
No previous experience is required.

Organisers

Riseup-PPD's Working Group 1 (Prevention and Treatment Strategies in PPD).
Maria de la Fé Rodríguez, Angela Lupattelli, Sandra Nakić Radoš, Ana Fonseca,
Francisco Gude

Trainers

Rigmor Berg -Norwegian Institute of Public Health.
Mariana Moura-Ramos - Coimbra Hospital and University Centre and Center for Research in Neuropsychology and Cognitive-Behavior Intervention, Coimbra, Portugal.
Claire Wilson - King's College London. London, UK.
Huynh-Nhu (Mimi) Le - The George Washington University. Washington, D.C, USA.
Ana Ganho - Center for Research in Neuropsychology and Cognitive-Behavior Intervention, Coimbra, Portugal.

Local Sites

Department of Psychology, National University of Distance Education, (Spain)

GPS coordinates: 40.452187, -3.736003

Department of Pharmacy, University of Oslo (Norway)

GPS coordinates: 59.94142, 10.71975

Department of Psychology, Catholic University of Croatia (Zagreb, Croatia)

GPS coordinates: 45.81465506206558, 15.944454746032301

Online access

You can attend the Training School online through the following Zoom link:

<https://videoconf-colibri.zoom.us/j/81736715270>

Made possible with the support of



UiO : University of Oslo



Funded by



RISEUP-PPD
Research Network
in Peripartum
Depression Disorder



UiO : University of Oslo



Funded by the Horizon 2020 Framework Programme
of the European Union



RISEUP-PPD

SCHEDULE AND TRAINERS

Training School in Evidence-Based Interventions in PPD 17th to 19th February 2021

| 17th February | |
|---|--|
| Time (CET) | What |
| 10:00 am | Introduction and welcoming to the training school <ul style="list-style-type: none">• Introduction to the Training School• Explanations about administrative and reimbursement procedures |
| 10:30 am - 1:30 pm [with a 15 min break] | Start from scratch: What is evidence-based research and practice? [Rigmor Berg] <ul style="list-style-type: none">• Evidence-based practice• Systematic reviews• Assessment of risk of bias• Hands-on practical exercises |
| 1:30pm - 2:30pm | <i>Lunch break</i> |
| 2:30pm - 5:30pm [with a 15 min break] | Overview of the development of Clinical Practice Guidelines [Mariana Moura-Ramos] <ul style="list-style-type: none">• Guideline development aims• Stakeholder involvement in the Guideline development• The clinical development process• Making clinical practice recommendations |
| 5:30pm | <i>End of session</i> |

| 18th February | |
|---|--|
| Time (CET) | What |
| 10:30 am- 1:30pm [with a 15 min break] | Evidence-based psychopharmacological approaches for PPD [Claire Wilson] <ul style="list-style-type: none">• Evidence-base for the effectiveness and safety of antidepressants in PPD treatment• Principles of prescribing antidepressants to women in the perinatal period• Discussions and reflections |

| | |
|---|--|
| 1:30pm - 2:30pm | <i>Lunch break</i> |
| 2:30 pm - 5:30pm [with a 15 min break] | Cognitive-Behavioral Therapy (CBT) [Huynh-Nhu (Mimi) Le] <ul style="list-style-type: none"> - Evidence-base for Cognitive-Behavioral Therapy for PPD; - Overview of CBT interventions; - Resources for addressing PPD; |
| 5:30pm | <i>End of session</i> |

| 19th February | |
|--|---|
| Time (CET) | What |
| 10:30 am - 1:30pm [with a 15 min break] | Non-invasive brain stimulation treatments in PPD [Ana Ganho Ávila] <ul style="list-style-type: none"> Brief history of non-invasive brain stimulation Specificities of Repetitive Transcranial Magnetic Stimulation and of Transcranial Direct Current Stimulation The state of the art and the clinical judgment Dilemmas in research and clinical practice |
| 1:30pm | <i>End of session</i> |

Rigmor ('Rimo') C Berg is Professor at the University of Tromsø, Department of Community Medicine, and Department Director at the Norwegian Institute of Public Health. She has worked in the field of evidence-based practice (EBP) and has taught classes related to EBP, research methods and similar since 2008. Her research, which includes both systematic reviews and primary quantitative and qualitative studies, focuses on sexual health, HIV prevention, and stigma.



RIGMOR BERG

University of Tromsø, Department of Community Medicine
Norwegian Institute of Public Health

Mariana Moura-Ramos is a clinical and health psychologist in the Reproductive Medicine Unit of the Coimbra Hospital and University Centre (CHUC) and a researcher at the Center for Research in Neuropsychology and Cognitive Behavioral Intervention of the University of Coimbra (CINEICC). Her main research and clinical interests are related with psychosocial aspects involved in reproductive health, namely the psychological adjustment to infertility and the decision making in fertility preservation. She was involved in the development of guidelines for Female Fertility Preservation, recently published by the European Society of Human Reproduction and Embryology.

MARIANA MOURA-RAMOS

Reproductive Medicine Unit of the Coimbra Hospital and University Centre(CHUC), CINEICC, Faculty of Psychology and Educational Sciences of the University of Coimbra.



Claire Wilson MRCPsych PhD is a Specialty Registrar in Psychiatry at South London and Maudsley NHS Foundation Trust and a clinical researcher in the Section of Women's Mental Health at King's College London in the UK. Her clinical expertise is in perinatal psychiatry. Her academic expertise is in psychiatric epidemiology, having worked on a number of large UK and international birth cohorts to investigate the intergenerational transmission of risk for mental health and disease. She is particularly interested in how multimorbid physical and mental ill health and substance misuse come together in the preconception and perinatal periods to shape offspring outcomes across generations. She is also a keen educator and the academic secretary for the Women and Mental Health Special Interest Group of the UK's Royal College of Psychiatrists.

CLAIRE WILSON

King's College London, UK
South London and Maudsley NHS Foundation Trust, UK



Huynh-Nhu (Mimi) Le, PhD. is a Professor and Director of Clinical Training in the Clinical Psychology Program in the Department of Psychology at The George Washington University. She directs the Mothers and Babies: Mood and Health Research Center and the Latino Health Research Center. For the past two decades, her programmatic research spans both clinical psychology and public health fields and aims to develop, evaluate, and disseminate preventive interventions that are culturally and contextually adapted to meet the needs of pregnant and postpartum women at high risk for depression.

She co-developed the Mothers and Babies Course, a cognitive-behavioral group intervention designed to prevent perinatal depression in low-income women, and is a co-author of treatment manuals for major depression for low-income populations (available for free for participants and instructors in English and Spanish, <http://mbp.columbian.gwu.edu/>). These interventions have served ethnically diverse women in various settings, nationally and internationally.



HUYNH-NHU (MIMI) LE

The Mothers and Babies: Mood and Health Research Center
George Washington University-Washington DC, USA

Ana Ganho Ávila is a clinical psychologist with twenty years of working experience as a clinician. For the past 4 years she has been working as a researcher at the CINEICC at the Faculty of Psychology and Educational Sciences of the University of Coimbra. Her research focus in affective translational neuroscience lead to her current main interest in the applications of non-invasive brain stimulation techniques in treating anxiety and mood disorders in the peripartum. As a psychologist and researcher, her work is centered on the mechanisms of action of non-invasive brain stimulation and the activity and connectivity patterns of particular brain regions involved in mood and anxiety transdiagnostic processes, using neuroimaging, clinical and neuropsychological data. She recently added pro-inflammatory, genetic and epigenetic biomarkers of treatment response to her research as well. Additionally, as a clinician, she is interested in understanding how to best combine psychological interventions, psychiatry and non-invasive brain stimulation. In this training, she will discuss important the features of several available non-invasive brain stimulation techniques, and its applications, and discuss the dilemmas that it rises both in research and in women's mental health.



ANA GANHO ÁVILA

CINEICC, Faculty of Psychology and Educational Sciences of the
University of Coimbra.