

19th ASEAN & Japan
High Level Officials Meeting On Caring Societies
Dec. 9 and 10, 2021

Mental Health Services for Pregnant Women and Those Raising Children Supports utilizing cognitive behavioral therapy

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Perinatal mental health problems



	During pregnancy	After delivery	Perinatal period
Depression	3.9%	4.8%	6.5%
Anxiety	15.8%	17.1%	17.4%

Mental health problems during the COVID-19 pandemic

- Approximately 18 - 35% of people experience some problems with anxiety, depression and insomnia. (Chung 2020)
- Symptoms of depression (36%), anxiety (22.7%) and PTSD (10.3%) have been found among perinatal women. (Liu et al., 2020)
- In a survey of approx. 800 nurses and doctors (of whom roughly 60% work in hospitals), half experienced depressive symptoms, followed by anxiety and insomnia. (Lie et al., 2020)



Increase in suicide following an initial decline during the COVID-19 pandemic in Japan

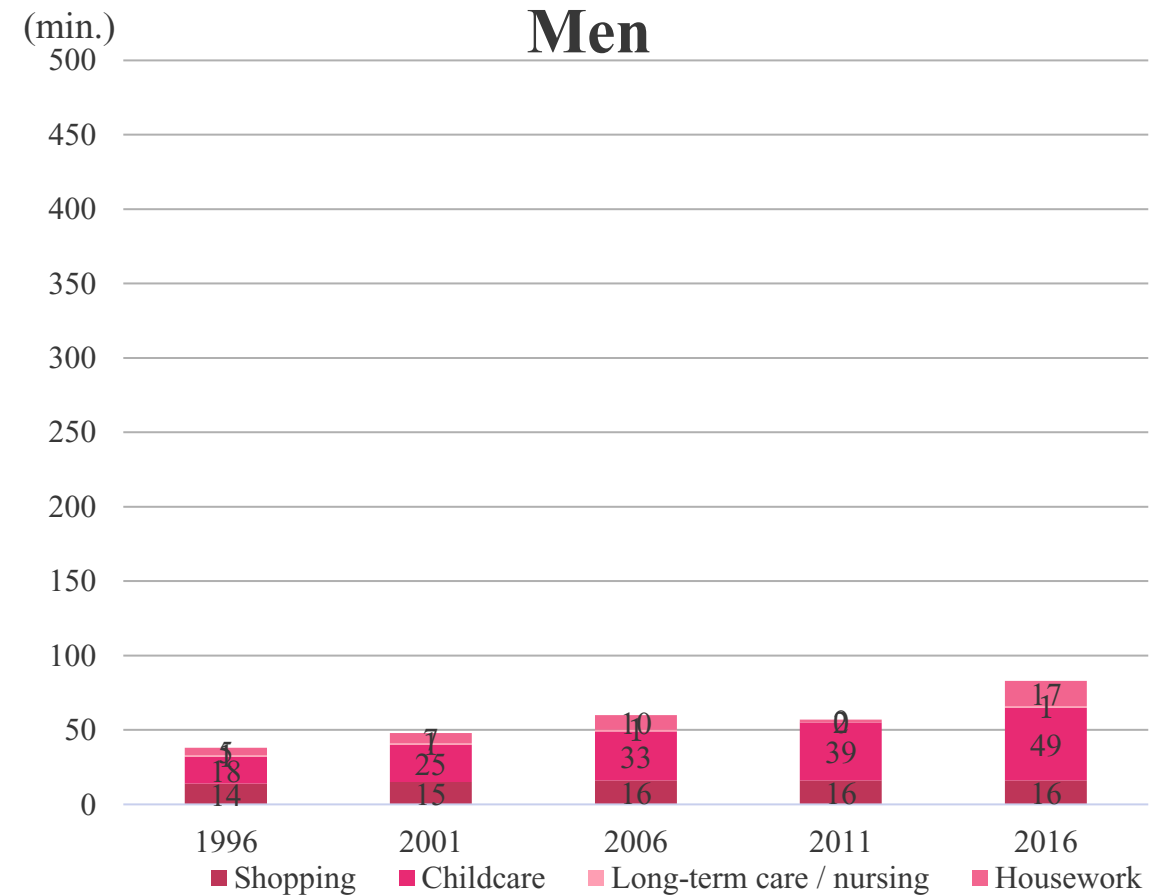
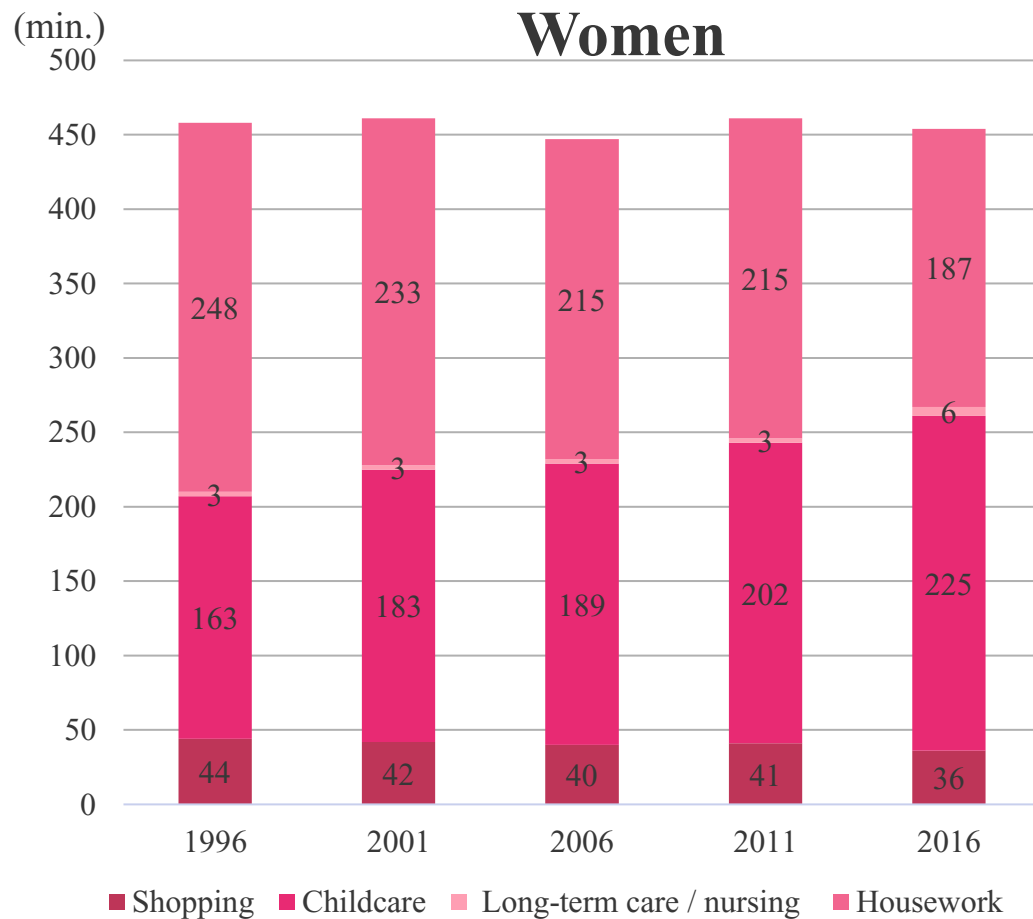
Takanao Tanaka ¹ and Shohei Okamoto ² 

There is increasing concern that the coronavirus disease 2019 (COVID-19) pandemic could harm psychological health and exacerbate suicide risk. Here, based on month-level records of suicides covering the entire Japanese population in 1,848 administrative units, we assessed whether suicide mortality changed during the pandemic. Using difference-in-difference estimation, we found that monthly suicide rates declined by 14% during the first 5 months of the pandemic (February to June 2020). This could be due to a number of complex reasons, including the government's generous subsidies, reduced working hours and school closure. By contrast, monthly suicide rates increased by 16% during the second wave (July to October 2020), with a larger increase among females (37%) and children and adolescents (49%). Although adverse impacts of the COVID-19 pandemic may remain in the long term, its modifiers (such as government subsidies) may not be sustained. Thus, effective suicide prevention—particularly among vulnerable populations—should be an important public health consideration.

The COVID-19 pandemic has affected every aspect of life. As the virus has spread globally¹, anxious individuals have voluntarily engaged in physical distancing and reduced their economic activities to prevent infection. To contain the virus, gov-

However, reliable empirical evidence regarding the link between the COVID-19 pandemic and suicide mortality remains scarce. An inclusive assessment requires harmonised data that cover representative and sufficiently large samples but are collected at a disag-

Gender differences in the time spent on housework and childcare in Japan



Time spent on housework and childcare by women with a child under the age of 6 years (per day)

Partners' mental health

Men's perinatal depression

Although it has become widely known that women tend to have more mental health problems during the perinatal period, it is recently considered that men are also likely to develop symptoms of depression and anxiety during this period. A study of fathers' perinatal depression reported in medical journals between 1980 and 2015 was compiled in 2016 using a method called meta-analysis (by Emily E. Cameron, et al., 2016). They found that 8.4% of fathers felt depressed during the perinatal period, and that 13.0% felt depression, particularly during the 3-6 months after childbirth.

The major symptoms include depression and loss of motivation, appetite and insomnia, as well as increased anger and irritation in men, difficulty to control their impulses and interpersonal problems. It is also said that men tend not to consult others or ask for help, and therefore are more likely to become worse. The risk of depression during the perinatal period increases, especially if the partner is also feeling depressed, isolated, in case of a poor marital relationship, having few ways to relieve stress or having experienced depression or anxiety as a life problem before. We recommend you take action as soon as possible by using this website and other reliable sources to obtain knowledge on how to prevent depression and consult with others.



ママ・プレママにおすすめ >

- [1. 妊婦さんの不安](#)
- [2. 妊娠とくすりについて](#)
- [3. ご存知ですか? 妊娠中のうつ病](#)

>> もっと見る

Recommended for men
before and after delivery >

- [1. New fathers' slip of the tongue and how to repair the situation](#)
- [2. A magical word that makes your partner feel happy just by saying it at the beginning of a conversation](#)
- [3. Taking a pause if you want to improve the atmosphere of the conversation](#)

>> See more >

Delivering reliable messages suitable for subscribers to ease their anxiety

Delivering content corresponding to subscribers' gestational age
* All content is supervised by doctors, managerial dieticians and specialists so you can read it without concern.

Click the illustration to read the content.

For people in the expecting period

Maternity *Kizuna* Mail

(Draft sample to provide to local governments)



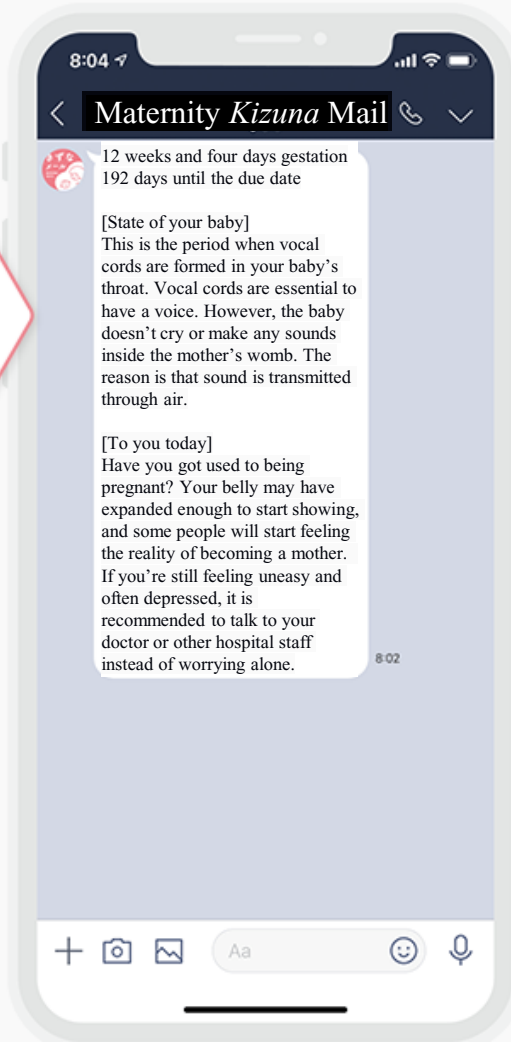
To mother A of 12 weeks and four days gestation and her partner



To mother B of 21 weeks and one day gestation



To mother C of 37 weeks and five days gestation and her partner



For people in the child-rearing period

Child-rearing *Kizuna* Mail

(Draft sample to provide to local governments)



To the mother of 22-day-old D-chan



To the mother and father of 98-day-old E-chan



To the family of 205-day-old F-chan

Intervention for perinatal depression

Prevention (high risk persons)

- Regional intervention program through collaboration with people in other occupations
- Cognitive behavioral therapy
- Interpersonal therapy

Mild to moderate symptoms

- Empathic and supportive involvement to ease patients' pain
- Information-sharing through materials and parents' classes, and psychoeducational support of applicants for home visits or telephone support
- Supportive counseling
- Cognitive behavioral therapy / interpersonal therapy
- Self-help, exercise and yoga are also effective.

Moderate to severe symptoms

- The benefits of medical therapy are great.
- Psychotherapy is often offered in combination with medical therapy.

Intervention for perinatal depression

- The tendency is to prefer psychotherapy over medical (pharmacological) therapy.

Appropriate intervention
corresponding to the symptoms,
etc.

Making decisions by
understanding the merits, risks,
and correct knowledge of each
measure



Intervention for perinatal depression

- Effective psychotherapeutic and counseling measures during pregnancy and the puerperium

For patients with mild to moderate depression or anxiety, respond receptively, supportively and empathically while not denying what the patients say

For patients with moderate or severer depression or anxiety, implement psychotherapy centered on cognitive behavioral therapy

Distribute leaflets to provide information and enlightenment on the postpartum period and support by telephone consultations and home visits

Continuous support for pregnancy, childbirth and child-rearing



Before pregnancy

Pregnancy

Delivering

Childcare

Consultations on pregnancy
Consultations on infertility
Consultations on habitual abortion
Consultations on unintended pregnancy

Issuance of *boshitecho* (mother and child notebook) and interview
Parents' classes
Childcare courses
Home-visit consultations

Health examination of babies
Vaccinations
Consultations on breastfeeding
Postpartum classes
Home-visit consultations

Health examination of infants
Consultations on childcare / development
Child-rearing classes

Continuous support and cooperation by municipal child health coordinators (midwives, public health nurses, nurses), etc.

Medical institution

Health Center

Supporting organization

Postnatal care center

Nursery school / kindergarten

Child consultation center

Support provided by our center

Cognitive behavioral therapy

- Cognitive behavioral therapy for adults including pregnant women and child-rearing generations

Educational training to provide support utilizing cognitive behavioral therapy

- Communication training for medical professionals
- Information dissemination by psychiatrists, psychologists and nurses

Study

- Development of a CBT education program for midwives
- Development of efficient CBT
- Longitudinal cohort study on female psychiatric symptoms during the perinatal period (web survey)

Cognitive Behavioral Therapy

- Cognition (understanding) of how a situation affects feeling, behavior and physical responses
- Changing and improving one's feeling by changing one's thoughts and behavior
- Approach current problems using cognitive reconstruction, behavioral activation, and problem-solving methods, etc.
- Psychotherapy, which has proven therapeutic effects on depression and anxiety disorders

Diagram of emotional mechanism

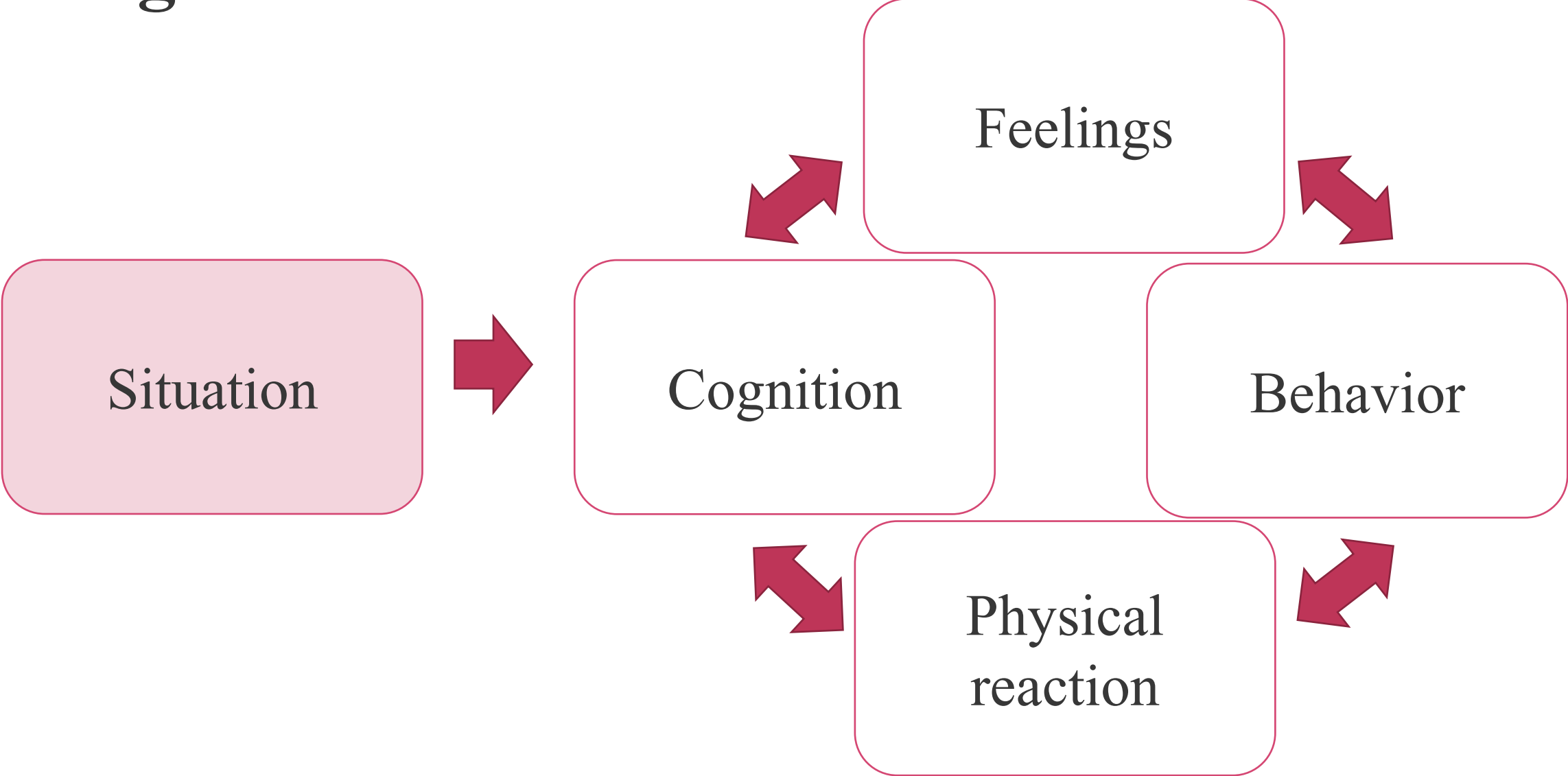


Diagram of emotional mechanism

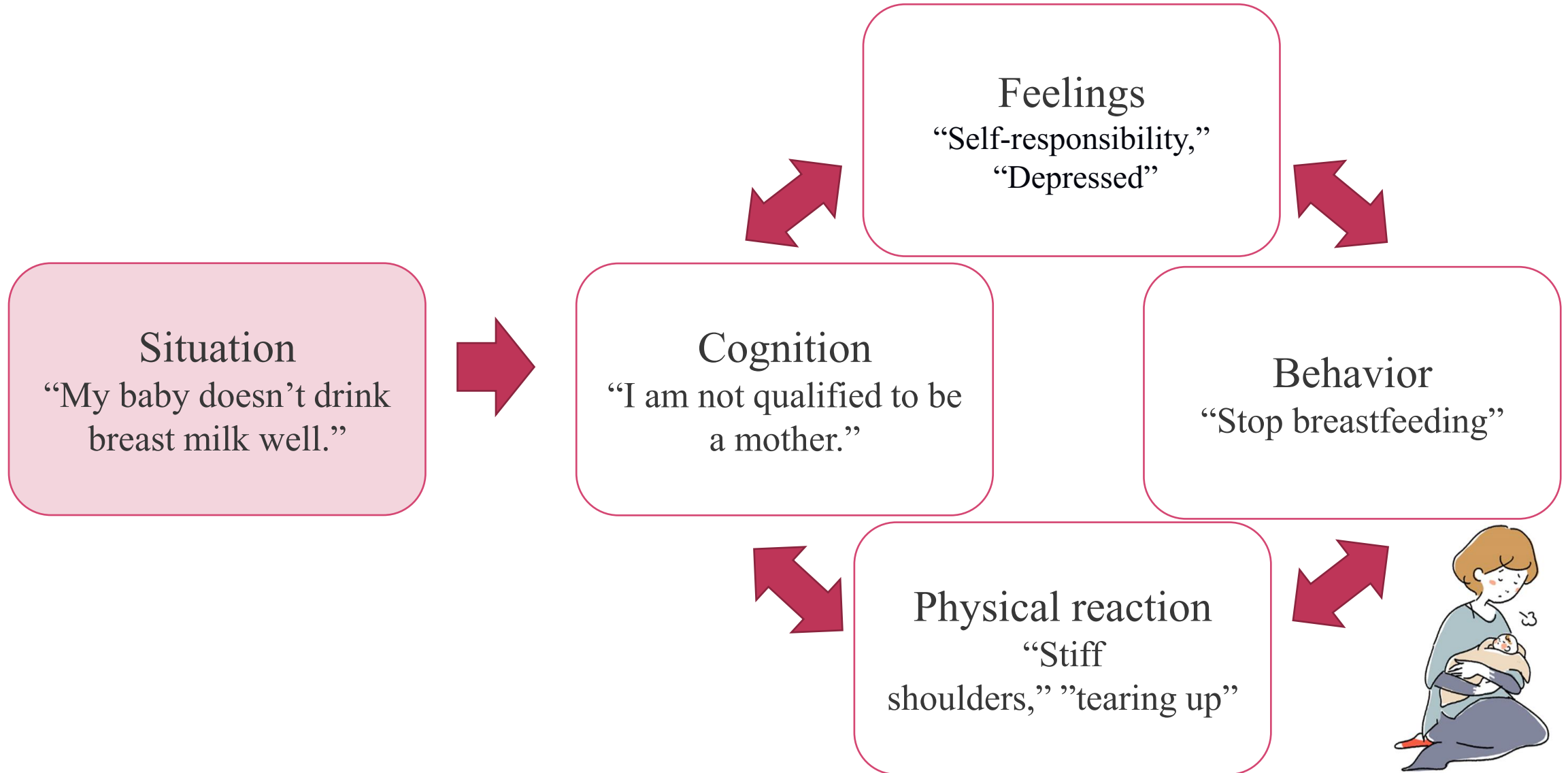
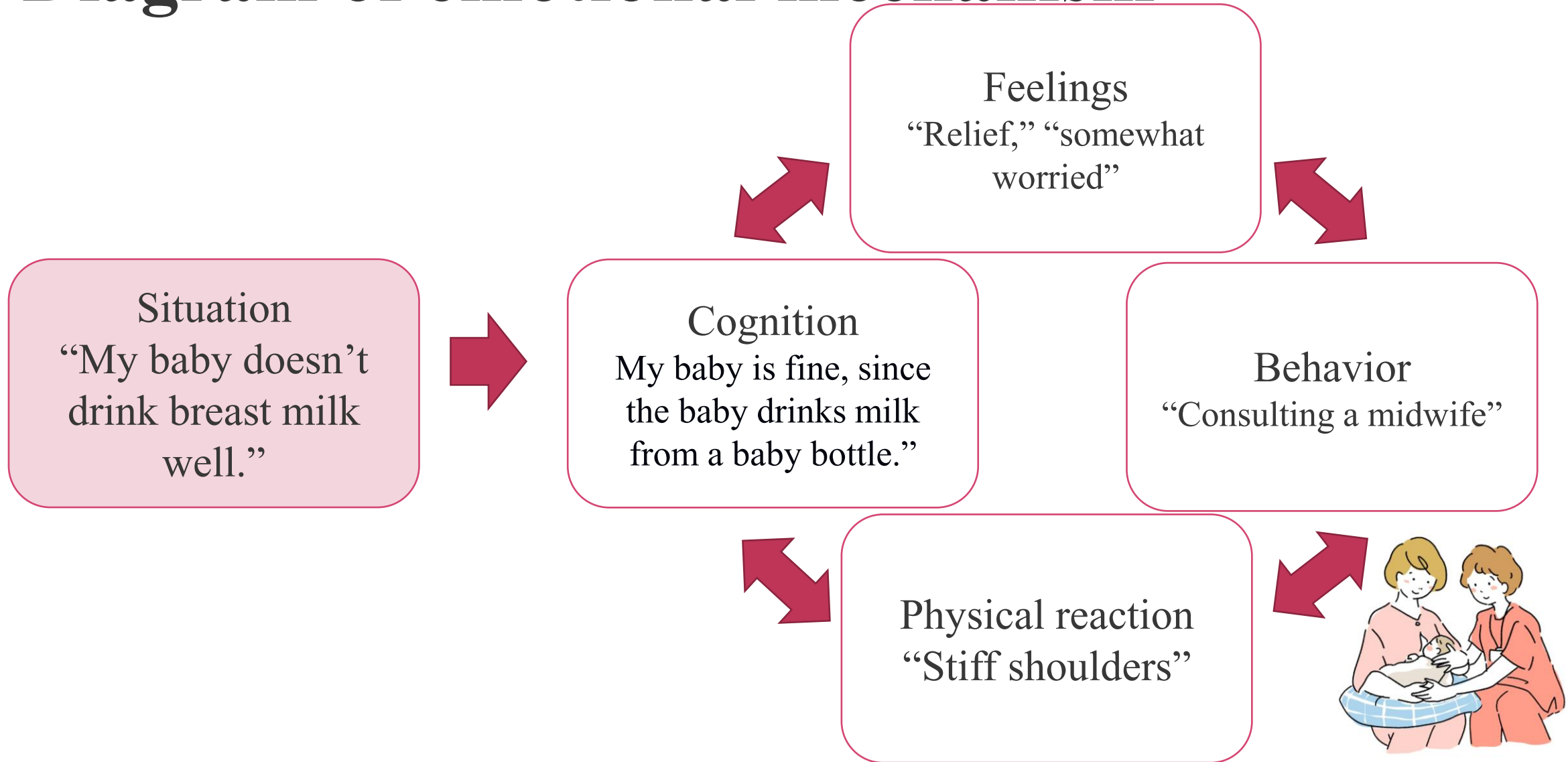


Diagram of emotional mechanism



Knowell Family

This site contains lots of useful information on pregnancy and delivery!

The Perinatal information project released by specialists in psychology and the mind



Recommended for mothers before and after delivery >

1. Anxiety of pregnant women
2. Pregnancy and medicine
3. Do you know about depression during pregnancy?

[» See more](#)



Recommended for fathers before and after delivery >

1. New fathers' slip of the tongue and how to repair the situation
2. Begin a conversation by agreeing with your partner
3. Replying to your partner after a pause

[» See more](#)



Recommended for medical staff and supporters >

1. To midwives and nurses in Japan
2. Current situation of the mental health of nurses
3. Habits concerning interpersonal relationships

[» See more](#)



← Knowell.Family
37 tweets

This site contains lots of useful information on pregnancy and delivery!

The Perinatal information project released by specialists in psychology and the mind



Edit profile

Knowell.Family

@KnowellFamily

Tweets on pregnancy and delivery

#perinatal period #mental health in perinatal period

#cognitive behavior therapy

Translate the self-introduction

Using Twitter since November 2019

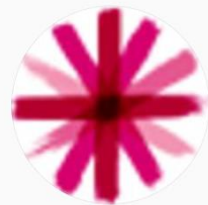
1 Following

60 Followers



Instagram

Search



knowell.family

Send a message

19 Posts

23 Followers

15 Following

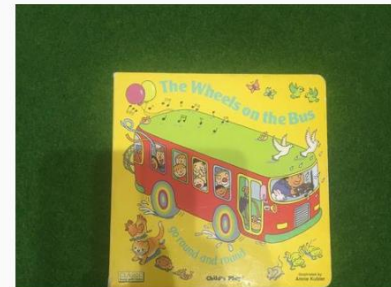
Knowell.Family

A psychiatrist who is also a mother, psychologists and midwives provide useful information to mothers, fathers and other supporters involved in perinatal mental health.

www.ncnp.go.jp/cbt/knowell

Post

Tag people





Thank you for your attention