



## **Network Notification**

**Notice Date:** March 11, 2019  
**To:** Providers  
**From:** Care Source®  
**Subject:** Interventions to Prevent Perinatal Depression

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Journal of the American Medical Association (JAMA) and U.S. Preventative Services Task Force issued a recommendation statement about interventions to prevent perinatal depression.

Perinatal depression is a depressive condition that occurs during pregnancy or following childbirth. It affects as many as one in seven women and is one of the most common complications of pregnancy and the postpartum period.

Evidence shows that counseling interventions, such as cognitive behavioral therapy and interpersonal therapy, are effective in preventing perinatal depression in those at increased risk.

To learn more on how you, the provider, can help your patients prevent perinatal depression, please visit [JAMA Network website](#) to read the full article.