

2022年10月18日～19日に開催されたThe 7th International Nursing Research Conference of World Academy of Nursing Scienceにて、演題「Association Between Sleep and Depression During the Perinatal Period」を発表しました。

本研究は、周産期にある女性の精神面の健康度に睡眠の質が関係するかどうかを明らかにすることを目的としたものです。周産期にある女性の睡眠の質は精神面の健康度をみる指標と関係している可能性があり、今後さらにデータを増やして検討していきたいと考えています。

本研究は、Best E-Poster 賞をいただきました。

木戸久美子

Association between sleep and depression during the perinatal period

Kumiko Kido¹, Mari Matsuo², Yuko Uemura¹, Atsuko Shiota³, Satoshi Tada¹
¹ Kagawa Prefectural University of Health Sciences
² Bokko Birth Home
³ Kagawa University

Purpose: This study aimed to determine whether sleep quality was related to the exacerbation of perinatal and postnatal depression in women. Furthermore, it discussed whether the Edinburgh Postnatal Depression Scale, Japanese version (J-EPDS), a screening tool for postpartum depression, accurately assesses mental status in the perinatal period.

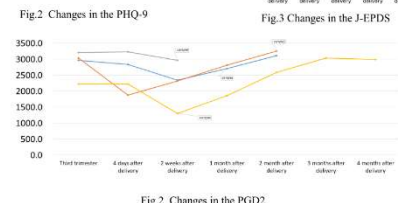
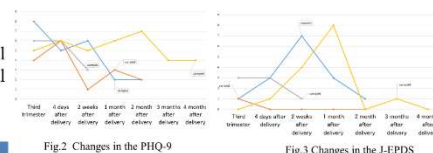
Study design: This was an observational, epidemiological study with a longitudinal design. Pregnant women, who consented to participate, were followed between the third trimester of pregnancy and 1 month postpartum. Sample size: Four pregnant women.

Ethics: This study was approved by the Ethical Review Committee of the Kagawa Prefectural University of Health Sciences (No.350).

	Sample 1	Sample 2	Sample 3	Sample 4
Age(years)	26	33	21	32
First time baby	No	Yes	Yes	Yes
Unfortunate life events	No	No	No	No
Unexpected pregnancy	No	No	No	No
Marital contentment	9	NA	10	6
0 to 10	Completely unsatisfied; 0 to completely satisfied; 10			
Nutritional method	1	0	0	1
Complete Breastfeeding, 1; mixed feeding, 0				
Sleeping place	1	1	1	0
Together (with mother), 1; separately, 0				

Results: The Japanese Pittsburgh Sleep Quality Index (JPSQI) scores on sleep quality and Patient Health Questionnaire-9 (PHQ-9) scores on depression were higher in the third trimester of pregnancy than in the early postpartum period. The JPSQI and PHQ-9 scores decreased with the passage of time in the postpartum period. None of the women scored ≥ 9 on the J-EPDS in the third

The Pearson's product-moment correlation between the J-EPDS and PHQ-9 scores was $\gamma=0.301$ (95% confidence interval [CI], -0.177–0.664, $P=0.21$), and that between the JPSQI and PHQ-9 was $\gamma=0.631$ (95%CI: 0.248–0.843, $P=0.0037$).



Multiple regression analysis showed that the regression coefficient estimates were statistically significant for age ($B= -0.4419$, 95% CI= -0.7756 to -0.1082, $P=0.0145$) and sleep-related hormones ($B= -0.0032$, 95%CI= -0.0058 to -0.0005, $P=0.0211$).

Conclusion: There may be a link between perinatal depression and sleep quality. The sleep quality of mothers was related to the PHQ-9 score but not J-EPDS score, and there was no correlation between the J-EPDS and PHQ-9 scores. Therefore, the use of the J-EPDS alone may not be sufficient for an assessment.



The 7th International Nursing Research Conference of World Academy of Nursing Science
 Nurses Together for Global Challenges -
 Leading Nursing Science and Knowledge Generation Post Global Pandemic
 October 18-19, 2022

Certificate of Presentation

This is to certify that

Kumiko Kido

has presented the Best E-Poster entitled

Association Between Sleep and Depression During the Perinatal Period

at the 7th International Nursing Research Conference of World Academy of Nursing Science
 in Taipei, Taiwan

*Nurses Together for Global Challenges-leading Nursing Science and Knowledge Generation
 Post Global Pandemic*

Tassana Boontong

Tassana Boontong
 WANS Chairperson

Ching-Min Chen

Ching-Min Chen
 TWNA President
 & Conference Chair

Jing Wang

Jing Wang
 AAPINA President



E-PR2-01