

# WOMENS HEALTH AND MIDWIFERY

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## The outcome of eating disorders: influenced factors for ED relapse and postpartum depression among women recovered completely from E.Ds.

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The purpose of this study was to determine whether factors contributed to postpartum depression and eating disorder (ED) relapse in women who had recovered from E.Ds. 25 people gave their agreement to take part in the study. The investigation lasted for ten years. Twelve participants who had relapsed after birth were among the 16 persons who had ED relapse during pregnancy. Twelve women suffered perinatal depression. Regarding the frequency of postpartum depression and ED relapse after delivery, there was no discernible difference between the family support group and non-support group. There were no low-body-weight newborns among the women who did not experience postpartum depression. All of the women in the non-ED relapse group gave birth vaginally. There was no discernible difference between the relapse group and the non-relapse group in terms of maternal problems. Between the relapse group and the non-relapse group, there was no discernible difference in the rate of postpartum depression. Infants of pregnant women who experienced a brief relapse or who had a history of EDs typically have normal weight babies. This study found a connection between the recurrence of EDs and postpartum depression. Postpartum depression was more common in pregnant women with ED histories compared to healthy women. Support groups and non-support groups did not differ from one another. It implied that there might be tension in ED's familial relationship. The findings might have confirmed that pregnant women with ED histories are more likely to relapse during labor and delivery and experience postpartum depression. As a result, EDs must be carefully watched both during pregnancy and after delivery.

### References:

Makino M, Yasushi M, Tsutsui S. The risk of eating disorder relapse during pregnancy and after delivery and postpartum depression among women recovered from eating disorders. *BMC Pregnancy Childbirth*. 2020 May 27;20(1):323. doi: 10.1186/s12884-020-03006-7. PMID: 32460729; PMCID: PMC7251919.

### Biography

Mariko has two PhDs. One was from Toho University and the other was from the University of Melbourne. Her ancestor was the first man exported silk from Yokohama to NY. She has been influenced by her ancestor and she belonged to JICA (Japan international Cooperation Agency which was controlled by Foreign Ministry) for 25 years. She visited over 100 countries to help the people living in developing countries. Her hobby was mountaineering including climbing, canoeing, skiing. She likes kimono.

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