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## **The Outcome of Eating Disorders: Longitudinal Study for Pregnancy, Afterbirth Including Mother and Complications and Postpartum Depression**

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**Background:** Eating Disorders (EDs) are common mental disorders during puberty and pregnancy when Physical and Psychological change occurred. However, EDs experienced Pregnancy and giving birth. We investigated among the women who had completely recovered from EDs. We found some influenced factors for ED relapse, postpartum depression and child and mother complications. For 10 years, 55 EDs had ED recovery and pregnant. Of them 55 consented to participate in this study. (21 Bulimia Nervosa, 4 with Anorexia Nervosa)

**Objective:** To identify ED relapse during pregnancy and afterbirth and postpartum depression and also the association between ED relapse and postpartum depression.

**Methods:** We used Eating Attitudes Test-26(EAT-26) and Edinburgh Postnatal Depression Scale (EPDS) in Japanese version. We used two-sided unpaired test for statistical analysis. We made two groups. One was ED relapse group during pregnancy, the other was Non-relapse group. We compared these two groups as for postpartum depression rate, ED relapse rate and infant weight etc.

**Results:** In total, ED relapse after delivery was 50%, postpartum depression rate was 50%. Infant weight was heavier in non-depression group than postpartum depression group. Although sample size was small, we found various kinds of complications such as placenta previa and Diabetes Mellitus etc.

**Conclusions:** We found that the rate of ED relapse and that of suffering from postpartum depression were remarkable in this group, suggesting that the necessity for long-term follow-up for Eating Disorders.

### **Recent publications**

1. Electroencephalogram abnormalities in panic disorder patients: a study of symptom characteristics and pathology. Karin Hayashi, Mariko Makino, Masahiro Hashizume, Koichi Nakano, Koji Tsuboi Stress and psychological factors before a migraine attack: A time-based analysis
2. Stress and psychological factors before a migraine attack: A time-based analysis. Masahiro Hashizume, Ui Yamada, Asako Sato, Karin Hayashi, Yuichi Amano, Mariko Makino, Kazuhiro Yoshiuchi and Koji Tsuboi
3. Effects of pregnancy on eating disorders. Mariko Makino, Masahiro Hashizume and Koji Tsuboi

### **Biography**

Mariko Makino begun to see and treat Eating Disorder patients from 1986. Since then she has been seeing over 1500 patients with EDs. After recovering eating disorders, patients and Mariko have been keeping in touch for many years. She has completed her PhD two times. one is at the Toho-university and the other was The university of Melbourne. Her hobby is heli-skiing, every year she visited Canada.