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Despite the widespread adverse consequences of Maternal Mental Health Disorders (MMHD) at the individual, family, and societal levels, these are significantly underdiagnosed conditions, with universal routine screening not implemented in most European countries. Moreover, unclear organizational guidelines for detecting MMHD and poor integration (poor communication and fragmented pathways) of perinatal health and perinatal mental health result in low rates of help-seeking and poor services utilization even when these are available. MMHD affects 10-20% of women in the perinatal period [1] and, when untreated, has long-lasting detrimental effects on the mother (e.g., increased risk of further clinical episodes), the mother-child relationship (e.g., bonding) and the child (e.g., socioemotional, and cognitive development; 2,3]. Particularly, up to 70% of women without early intervention develop persistent symptoms that last throughout postpartum and infancy [4,5], with increased MMHD prevalence in younger women [6] and women with previous history of MDD of whom about 50% remain depressed beyond the first 12 months after giving birth. Without routine screening integrated into prenatal care, MMHD is severely underdiagnosed and undertreated [7]. Although early identification is essential for prevention, only 20% of women with MMHD are identified during the perinatal period [8]. MMHD effects on public health have brought attention to the need for better assessment and preventative strategies to improve screening effectiveness, recognize MMHD symptoms early, and facilitate access to appropriate care [11]. Such screening procedures should be practical for and acceptable to women and service providers, designed to overcome implementation challenges, cost-effective, and offer clinically meaningful outcomes. Digital mental health services help reduce demands placed on in-person health care services and remove help-seeking obstacles, providing new opportunities to engage in early MMHD diagnosis and intervention [12]. These also build on patients' increasing use of smartphones, empowering patients to learn more about their mental health. Maternal mental health is a fundamental public health issue potentially impacting the current generation and ones to come.

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[1] [https://doi.org/10.1016/S0140-6736\(14\)61276-9](https://doi.org/10.1016/S0140-6736(14)61276-9). [2] <https://doi.org/10.1177/1745506519844044> [3] [https://doi.org/10.1016/S0140-6736\(14\)61277-0](https://doi.org/10.1016/S0140-6736(14)61277-0) [4] <https://doi.org/10.1016/j.jad.2007.10.014> [5] <https://doi.org/10.1111/j.1552-6909.2007.00191.x> [6] [https://doi.org/10.1016/S2468-2667\(19\)30059-3](https://doi.org/10.1016/S2468-2667(19)30059-3) [7] <https://doi.org/10.1007/BF02287376> [8] <https://doi.org/10.1136/bmjopen-2018-024803> [9] <https://doi.org/10.2105/AJPH.2020.305619> [10] <https://www.centreformentalhealth.org.uk/sites/default/files/2018-09/costsofperinatal.pdf> [11] <https://doi.org/10.1186/s12888-022-03694-9>