Improving Treatment Access to Pregnant Women with Depression
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Depression during pregnancy is a common and widespread problem that can negatively and dangerously impact birth outcomes. Despite the risk of maternal depression to the fetus, pregnant women generally do not find traditional treatments for depression, particularly pharmacotherapy, acceptable. To address this gap in care, we propose a randomized pilot study of Computer-Assisted Cognitive Behavior Therapy (CCBT) in pregnant women with major depressive disorder (MDD) to improve antidepressant treatment acceptability and adherence. This study will be a randomized, controlled pilot study examining the acceptability and adherence to treatment as usual of women randomized to CCBT versus a waitlist control group. Women from the greater Philadelphia and surrounding areas who are 18-49 years old, less than or equal to 32 weeks gestational age, and have a diagnosis of moderate to severe MDD, will be recruited for this study. Each participant will be seen by a physician blinded to randomization status, and treatment will be recommended as per the usual (non-study) protocol (antidepressants for moderate to severe depression). In addition, participants will begin either the CCBT protocol or put on a 6-week waitlist. Treatment adherence, acceptability, and efficacy will be tracked and compared between groups. This type of new treatment delivery system could have far-reaching positive health and economic benefits. Assuming that we will demonstrate acceptability and increased adherence to treatment in this pilot study, we will apply for government funding for a larger effectiveness trial to examine improvement in adverse obstetric outcomes.