

Meta-Analysis of Posttraumatic Stress Disorder and Adverse Birth Outcomes, 1980-2021

#012

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Objectives:

The purpose of this study was to conduct an updated systematic review and meta-analysis examining the relationship between PTSD in childbearing individuals and adverse birth outcomes from 1980 to 2021.

Methods:

Eligibility criteria, data sources, study selection, derivation of data, fidelity, and subgroup analyses have been identified a priori. Measurement of history of PTSD, pregnancy, and rigorous measurement of adverse birth outcomes (defined as preterm birth, low birth weight and intrauterine growth restriction) will direct our study design. The research question is “What is the relationship between PTSD and adverse birth outcomes, preterm birth, low birth weight and intrauterine growth restriction?” For inclusivity of study design, all rigorous original research studies of depression during pregnancy and subsequent adverse birth outcomes published in peer-reviewed journals from January 1980 to December 2021 will be considered for inclusion. For the purposes of composing a fully comprehensive systematic review, we were intentionally inclusive of all forms of measurement of depression during pregnancy and our specific adverse birth outcome measures to best capture relevant original research studies. This study has been submitted to PROSPERO.

Results:

Study results will tabulate the original research to date on the topic of PTSD and adverse birth outcomes. Odds ratios will be conducted to examine the relationship between PTSD and birth outcome with subgroups examining outcomes by race and ethnicity if possible.

Conclusions:

Addressing PTSD in childbearing populations has the potential to ameliorate a large and excessive burden on adverse birth outcomes among childbearing people and their offspring. Policy solutions to encourage, mandate, and PTSD screening and treatment during pregnancy, as well as during the preconception and interconception phases is warranted.

Acknowledgements:

None.

Disclosures:

None.