

Current Awareness Bulletin – Perinatal Mental Health – August 2025

1. [Associations between PTSD and pregnancy outcomes: systematic review and Meta- analysis.](#)
Zitoun NM et al. *BMC Pregnancy Childbirth*. 2025 Aug 1;25(1):802.
2. [Associations of pelvic floor dysfunction and postnatal mental health: a systematic review.](#)
VanWiel L et al. *J Reprod Infant Psychol*. 2025 Jul; 43(4):958-979.
3. [Content and timing of the 6-8 week maternal postnatal check: a mixed-methods study.](#) Macdonald C et al. *BJGP Open*. 2025 Jul 23; 9(2):BJGPO.2024.0229.
4. [Economic burden of postpartum depression among mothers: Systematic review.](#)
Amedu AN. *Acta Psychol (Amst)*. 2025 Aug; 258: 105219.
5. [Effectiveness of laughter yoga in reducing postpartum depression symptoms: A randomized controlled study.](#) Koca HU et al. *Explore (NY)*. 2025 Jul-Aug;21(4):103195.
6. [Effectiveness of yoga and laughter yoga in improving psychological resilience of mothers with babies hospitalized in neonatal intensive care unit.](#)
Çiğdem Z et al. *J Health Psychol*. 2025 Jul; 30(8): 1915-1928.
7. [Efficacy of in-person versus digital mental health interventions for postpartum depression: meta-analysis of randomized controlled trials.](#)
Ansaari N et al. *J Reprod Infant Psychol*. 2025 Jul; 43(4):1067-1087.
8. [Havening: a psycho-sensory therapy for enhancing emotional resilience and psycho-emotional wellbeing across the perinatal period.](#)
Crowther S et al. *Front Glob Womens Health*. 2025 Jul 8;6:1619273.
9. [Impact of Humanistic and Psychological Nursing on Postpartum Women: A Comparative Study.](#) Gu P et al. *Altern Ther Health Med*. 2025 Jul; 31(4):193-199.
10. [Improving maternal well-being: a matrescence education pilot study for new mothers.](#) Trinko V et al. *Matern Health Neonatol Perinatol*. 2025 Jul 2;11(1):18.
11. [Integrating AI predictive analytics with naturopathic and yoga-based interventions in a data-driven preventive model to improve maternal mental health and pregnancy outcomes.](#) Irfan N et al. *Sci Rep*. 2025 Jul 4;15(1):23878.
12. [Mental health outcomes across the reproductive life course among women with disabilities: a systematic review.](#) Deierlein AL et al. *Arch Womens Ment Health*. 2025 Aug;28(4):647-664.
13. [Modifiable and vulnerability factors for maternal stress and anxiety in the first 1000 days: An umbrella review and framework.](#) Matvienko-Sikar K et al. *Women Birth*. 2025 Jul;38(4):101941.
14. [Mom Supporting Mom: Effective Peer Support Intervention for Women with Postpartum Psychological Distress.](#) Sebela A et al. *Psychosoc Interv*. 2025 Jul 29;34(3):151-160.
15. [Mother-infant stress contagion? Effects of an acute maternal stressor on maternal caregiving behavior and infant cortisol and crying.](#) Bruinhof N et al. *J Child Psychol Psychiatry*. 2025 Jul; 66(7): 1040-1052.
16. [Paternal Perinatal Depression, Anxiety, and Stress and Child Development: A Systematic Review and Meta-Analysis.](#) Le Bas G et al. *JAMA Pediatr*. 2025 Aug 1;179(8):903-917.

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17. [Perioperative use of esketamine for the prevention of postpartum depression after cesarean section: a meta-analysis](#). Li Y et al. *BMC Pregnancy Childbirth*. 2025 Jul 19;25(1):775.
18. [Relationship between Inflammatory Cytokine and Depressive Symptoms in Postpartum Women: A Systematic Review](#). Kurniati AM et al. *J Mother Child*. 2025 Jul 19;29(1):63-70.
19. [Technology-assisted cognitive-behavioral therapy for perinatal depression delivered by lived-experience peers: a cluster-randomized noninferiority trial](#). Rahman A et al. *Nat Med*. 2025 Jul;31(7):2196-2203.
20. [The prevalence of postpartum depression among women with physical disabilities: a systematic review and meta-analysis](#). Pingeton BC et al. *Arch Womens Ment Health*. 2025 Aug; 28(4): 665-677.

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