

Current Awareness Bulletin – Perinatal Mental Health – December 2025

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2. [A trauma-informed care curriculum for perinatal providers, staff, and learners](#). Chin J et al. *MedEdPORTAL*. 2025 Dec 9;21:11563.
3. [Adverse childhood experiences and antenatal depression: The mediating role of social support](#). Chiang WL and Yu CY. *Matern Child Health J*. 2025 Dec;29(12):1685-1695.
4. [Antenatal and postpartum depression among women who conceived after pregnancy loss: A longitudinal study](#). Ito Y et al. *Arch Womens Ment Health*. 2025 Dec;28(6):1611-1619.
5. [Anxiety and depressive disorders in the offspring of mothers with perinatal depressive disorders](#). Tusa BS et al. *Eur Child Adolesc Psychiatry*. 2025 Dec;34(12):4117-4129.
6. [Application of treatment response biomarkers from major depression to perinatal depression](#). Kwok W et al. *J Pers Med*. 2025 Dec 6;15(12):607.
7. [Association between adverse childhood experiences and antenatal depression among pregnant women: A computer-simulated network analysis](#). Mei X et al. *J Affect Disord*. 2025 Dec 15;391:119960.
8. [Associations between history of trauma and postnatal mental health problems - A cross-sectional study](#). Grundström H et al. *J Obstet Gynaecol*. 2025 Dec;45(1):2553197.
9. [Associations between birth experience and postpartum depression - A cross-sectional study](#). Wilzén A et al. *Sex Reprod Healthc*. 2025 Dec;46:101170.
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14. [Effect of postpartum care model on the occurrence of postpartum depression](#). Hu Y et al. *J Matern Fetal Neonatal Med*. 2025 Dec;38(1):2505085.
15. [Effectiveness of aromatherapy on physiological and psychological symptoms during pregnancy: A systematic review and meta-analysis](#). Mascarenhas VHA et al. *Complement Ther Med*. 2025 Dec;95:103279.

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16. [Effectiveness of peer-administered interventions for perinatal depression or anxiety: A systematic review and meta-analysis of randomized controlled trials](#). Mansoor A et al. *J Clin Psychiatry*. 2025 Dec 8;87(1):25r15805.
17. [Effectiveness of psychological therapies for depression during the perinatal period : A systematic review and meta-analysis](#). Couch E et al. *Ann Intern Med*. 2025 Dec;178(12):1752-1762.
18. [Homelessness in pregnancy: Life course factors and mental health in the context of COVID-19](#). Jeffers NK, et al. *Front Psychiatry*. 2025 Dec 26;16:1509350.
19. [Insomnia and anxiety: Important pathologic correlates of postpartum depression](#). Sharma P et al. *Int J Gynaecol Obstet*. 2025 Dec;171(3):1066-1074.
20. [Interplay of traumatic birth experiences and postnatal depression in Pakistani women](#). Batool SS et al. *Sci Rep*. 2025 Dec 4;15(1):43165.
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32. [The perinatal mental health experiences of black immigrant mothers in the UK: A qualitative systematic review and thematic synthesis](#). Fabiyi F et al. *PLoS One*. 2025 Dec 19;20(12):e0331547.
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34. [Trajectories of depressive and anxiety symptoms throughout pregnancy in relation to obstetric outcomes](#). Schipper EI et al. *J Affect Disord*. 2025 Dec 1;390:119876.

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