

## **Current Studies of Postpartum Depression (PPD) at NIMH**

### **Women with PPD: An observational study**

This is an observational study for postpartum depression (PPD). This study is for three different groups of women: those who recently gave birth and have mild to moderately severe PDD (Group 1), women who recently gave birth and do not have PDD (Group 2), and those who are **currently pregnant** and experienced an episode of PDD with a previous birth (Group 3). The purpose of this study is to explore the relationship between mood and hormones in women with postpartum depression (PPD). This is an observational study; volunteers who participate will not receive any new or experimental therapies.

If eligible for the study, you will be interviewed about your moods, behaviors, and medical status during and immediately following your last pregnancy. You will complete self-rating scales and some women will be asked to participate in interviews, psychological tests, blood tests, and urine samples. You will also participate in genetic studies, which examine the role genes have in hormone related mood disorders, including PPD. A genetics test involves completing a questionnaire and providing a simple blood sample. Family members may also participate.

### **Women with PPD: A Treatment Study**

If you think you may currently have postpartum depression (PPD) following the birth of a child within the past six months, you may want to consider participation in this study. The purpose of this study is to evaluate the effectiveness of estrogen in treating women with postpartum depression (PPD). You will be screened by our medical staff over the phone and in person to determine if you are eligible for the study. If eligible, you will be randomly assigned to wear skin patches containing either estradiol or placebo (a patch with no active ingredient) for 6 weeks. You will complete mood-rating forms, give urine and blood samples and meet with the medical team throughout the study.

### **Women with a history of PPD: A treatment Study**

If you have ever suffered from postpartum depression (PPD) following childbirth, we would like you to call for information about participation in our study. The study is designed to determine if your PPD was caused by hormonal changes during or after pregnancy. This study will replicate a hormonal state of pregnancy and the 6-week period following delivery. Mood symptoms and hormone levels will be measured throughout the study. **For further information, please call our research coordinator at 301-496-9576 or (TTY: 1-866-441-1010)**