

学位論文の要旨

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<p>主論文の題名</p> <p>Relationship between a high Edinburgh Postnatal Depression Scale score and premenstrual syndrome: A prospective, observational study</p> <p>主論文の要旨</p> <p>Objective: This study aimed to evaluate whether the Edinburgh Postnatal Depression Scale (EPDS) score predicts the occurrence of premenstrual syndrome(PMS) and premenstrual dysphoric disorder (PMDD) after delivery.</p> <p>Methods: The women in this study were registered at 35-36 weeks of pregnancy at Mie University Hospital from 2013 to 2015. We prospectively divided the puerperants into those with an EPDS score ≥ 9 (the high-EPDS group) and those with an EPDS score < 9 (the low-EPDS group) at 1 month postpartum. We compared the incidence rate of severe PMS and PMDD between both groups at 1 year after delivery.</p> <p>Results: Of 200 registered cases, 178 (89.0%) did not experience severe PMS or PMDD before pregnancy. Among them, 21 were in the high-EPDS group, and 89 in the low-EPDS group. Four of the 21 women (19.0%) in the high-EPDS group and five of the 89 (5.6%) in the low-EPDS group had severe PMS or PMDD at 1 year after delivery. The incidence rate of severe PMS or PMDD in the high-EPDS group was higher than that in the low-EPDS group ($p=0.07$).</p> <p>Conclusions: The novel finding of this study is that the EPDS may predict the occurrence of severe PMS/PMDD after delivery. The EPDS will contribute to the early detection of these diseases and to improving the quality of life of the patients by allowing treatment initiation at an early stage.</p>			