

The Prevalence and Pharmacotherapy of Post-Traumatic Stress Disorder in Postpartum Women During the COVID-19 Pandemic: a Systematic Review and Meta-analysis

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SUMMARY. The present study aimed to evaluate the prevalence of post-traumatic stress disorder (PTSD) in postpartum women during COVID-19 pandemic and review pharmacotherapy of PTSD. Studies were found using Web of Science, Embase, and PubMed, and related studies were identified from the references lists of the included articles. From March 2020 to July 2022, observational studies reporting the prevalence of PTSD among postpartum women in English were included. The random effects model was used to analyze data. Subgroup analyses were conducted based on the instruments used to identify postpartum PTSD, types of study design, and participants population. Totally 108 initial articles were identified and finally, 8 articles with 3820 women in postpartum (including 999 women diagnosed with PTSD) were included for meta-analysis. The overall prevalence of post-partum PTSD was 22% (95% confidence interval [CI]: 10-35, I²=99%). The subgroup analysis indicated that the pooled prevalence of PTSD differed according to the instruments used to identify postpartum PTSD, types of study design, and participants population. And the participants' population was the main source of heterogeneity. According to the results of this study, postpartum women during COVID-19 had a relatively high prevalence of PTSD. In this case, healthcare providers should be attentive to the psychological welfare of postpartum women during a pandemic and initiate interventions as soon as possible.

RESUMEN. El presente estudio tuvo como objetivo evaluar la prevalencia del trastorno de estrés postraumático (TEPT) en mujeres posparto durante la pandemia de COVID-19 y revisar la farmacoterapia del TEPT. Los estudios se encontraron utilizando Web of Science, Embase y PubMed, y los estudios relacionados se identificaron a partir de las listas de referencias de los artículos incluidos. Desde marzo de 2020 hasta julio de 2022, se incluyeron estudios observacionales que informaron la prevalencia del TEPT entre mujeres posparto en inglés. El modelo de efectos aleatorios se utilizó para analizar los datos. Se realizaron análisis de subgrupos en función de los instrumentos utilizados para identificar el TEPT posparto, los tipos de diseño del estudio y la población de participantes. Se identificaron un total de 108 artículos iniciales y, finalmente, se incluyeron para el metanálisis 8 artículos con 3820 mujeres en posparto (incluidas 999 mujeres diagnosticadas con TEPT). La prevalencia general de TEPT posparto fue del 22 % (intervalo de confianza [IC] del 95 %: 10-35, I²=99 %). El análisis de subgrupos indicó que la prevalencia agrupada del TEPT difería según los instrumentos utilizados para identificar el TEPT posparto, los tipos de diseño del estudio y la población de participantes. Y la población de participantes fue la principal fuente de heterogeneidad. Según los resultados de este estudio, las mujeres posparto durante la COVID-19 tenían una prevalencia relativamente alta de TEPT. En este caso, los proveedores de atención médica deben estar atentos al bienestar psicológico de las púerperas durante una pandemia e iniciar las intervenciones lo antes posible.

KEY WORDS: COVID-19, pharmacotherapy, postpartum PTSD, women's mental health.

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