Depression in Pregnancy?

Did you know that depression in pregnancy is actually quite common? Approximately 10 – 15% of pregnant women experience depression & this may continue post-birth.

The National Institute for Complementary Medicine at the Western Sydney University is conducting a randomised controlled trial examining the effectiveness of acupuncture as an additional therapy to standard care for the treatment of depression in pregnancy.

Three different groups are needed to make comparisons. These groups will be - acupuncture, progressive muscle relaxation and non-treatment. Weekly treatments over an 8 week period from pregnancy week 24-32 will be performed either at Camden Hospital or at NICM on the Western Sydney University Campbelltown Campus.

All participants, including the non-treatment group will be required to fill out several questionnaires, provide 3 saliva samples and 2 blood samples. Interested? Please contact Simone Ormsby on 0414 476 711, 4620 3284, simone.ormsby@westernsydney.edu.au or let the antenatal staff know.

This study has been approved by the SWSLHD Human Ethics Committee.