How Kaiser Permanente researchers at the Evidence-based Practice Center (EPC) work with the U.S. Preventive Services Task Force (USPSTF) to make health recommendations for you and your doctor

Perinatal depression, defined as a major or minor depressive episode that occurs during pregnancy or within the postpartum year, affects approximately 11.5% of new mothers in the U.S. every year and can have a significant effect on the mental and physical health of both mother and baby. As a result, it’s important for clinicians to identify and assist those at risk.

Follow a study on preventive interventions for perinatal depression from beginning to the final recommendation:

1. The USPSTF addresses the topic: “Preventive interventions for perinatal depression”
2. The USPSTF and the EPC develop a research plan, identifying key questions and target populations.
3. EPC researchers gather, review, and analyze all existing evidence on interventions which might prevent perinatal depression.
4. Based on the comprehensive evidence review, the USPSTF develops a draft recommendation statement, using a letter grade system A-B-C-D-I.
5. The EPC’s draft evidence review and the USPSTF draft recommendation are posted on the USPSTF website for four weeks for public comment.
6. After considering all public comments, the USPSTF issues a final recommendation.
7. The final recommendation and a summary of the evidence review are posted on the USPSTF website and are published in a peer-reviewed scientific journal.

### Perinatal Depression: Preventive Interventions, Recommendation Summary

<table>
<thead>
<tr>
<th>Population</th>
<th>Recommendation</th>
<th>Grade</th>
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<tbody>
<tr>
<td>Pregnant and post-partum persons</td>
<td>The USPSTF recommends that clinicians provide or refer pregnant and postpartum persons who are at increased risk of perinatal depression to counseling interventions.</td>
<td>B</td>
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</tbody>
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**Read the final recommendation:**

*Perinatal Depression: Preventive Interventions* (2016)

To learn more and see a full list of studies, visit the [USPSTF website](#).