First-episode psychosis in postpartum period: a review

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Objectives

Collect and evaluate the latest information on post partum psychosis focusing especially on the first episodes and their classification.

Background and aims

Postpartum psychosis is a **rare** (1 in 1000 childbirths) and severe disorder that usually occur within the first **4 weeks** after childbirth. It can occur alone in the perinatal context but is often associated with **mood-disorder diathesis**. Postpartum psychosis usually happens in **primiparity**, if so, will increase the risk of happening on the following pregnancies.

Materials and methods

A literature research was carried out on first-episode psychosis and first-onset psychosis in postpartum period or pregnancy. We also used severe psychiatric illness in postpartum as key words.

Results

Recent studies question the doctrine that correlates postpartum psychosis with mood disorder.

Although the **vast majority** of episodes occur in women who are subsequently diagnosed with **mood disorders**, some cases occur as the first psychotic episode of a **schizophrenic disorder**. Our research also found cases of individuals who only had episodes in the post partum context and with some **unique features** that propose the possibility of this being a clinical condition that deserves an **individualized classification**.

Conclusions

These new insights into this type of episode create the need for further long term follow-up studies in order to better characterize this syndrome, consequently allowing a better follow-up of the mother as well as an adequate maintenance therapy.

Sources:

Brockington, I (2016) Late onset postpartum psychoses

Bergink, V et al (2011) First-onset psychosis occurring in the postpartum period: A prospective cohort study

Bergink, V et al (2016) Postpartum Psychosis: Madness, Mania, and Melancholia in Motherhood

Krast, KA; Agarkar, S (2017) Case study of first episode schizophrenia in pregnancy and postpartum

Kisa, C et al (2007) Long Term Follow-Up of Parents with Postpartum Psychosis

Robling, SA et al (2000) Long-term outcome of severe puerperal psychiatric illness: a 23 year follow-up study

Yun, Y et al (2005) Obstetric complications in an "ultra" high risk sample