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DOI:

[10.1016/j.jad.2015.11.014](https://doi.org/10.1016/j.jad.2015.11.014)

Document Version

Publisher's PDF, also known as Version of record

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Citation for published version (APA):

Biaggi, A., Conroy, S., Pawlby, S., & Pariante, C. M. (2016). Identifying the women at risk of antenatal anxiety and depression: A systematic review. *Journal of Affective Disorders*, 191(0), 62-77.
<https://doi.org/10.1016/j.jad.2015.11.014>

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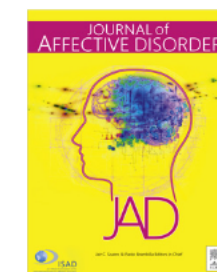
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Journal of Affective Disorders 191 (2016) 62–77

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Journal of Affective Disorders

journal homepage: www.elsevier.com/locate/jad

Review article

Identifying the women at risk of antenatal anxiety and depression: A systematic review

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ARTICLE INFO

Article history:

Received 14 May 2015

Received in revised form

19 October 2015

Accepted 11 November 2015

Available online 18 November 2015

Keywords:

Antenatal depression

Antenatal anxiety

Risk factors

ABSTRACT

Background: Pregnancy is a time of increased vulnerability for the development of anxiety and depression. This systematic review aims to identify the main risk factors involved in the onset of antenatal anxiety and depression.

Methods: A systematic literature analysis was conducted, using PubMed, PsychINFO, and the Cochrane Library. Original papers were included if they were written in English and published between 1st January 2003 and 31st August 2015, while literature reviews and meta-analyses were consulted regardless of publication date. A final number of 97 papers were selected.

Results: The most relevant factors associated with antenatal depression or anxiety were: lack of partner or of social support; history of abuse or of domestic violence; personal history of mental illness; unplanned or unwanted pregnancy; adverse events in life and high perceived stress; present/past pre-