

Article: 0310

Topic: EPO03 - e-Poster Oral 03: Oncology and Psychiatry, Pain and treatment options, Women, Gender and Mental Health, Education, Promotion of Mental Health, Ethics and Psychiatry

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## Are Major Depression and Generalized Anxiety Disorder Associated with Oligohydramnios in Pregnant Women? a Case-control Study

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**Introduction:** The relationship between oligohydramnios and psychiatric disturbances is unclear.

**Objective:** This study examined the prevalence of major depression and generalized anxiety disorder in pregnant women with and without a diagnosis of oligohydramnios.

**Methods:** The study sample included 53 pregnant women with a diagnosis of oligohydramnios and 80 healthy pregnant women subjects. Oligohydramnios was defined as an amniotic fluid index of 8cm or less. Major depression and generalized anxiety disorder were diagnosed with the Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (SCID-I). The severity of depressive and anxiety symptoms were assessed with the Beck Depression Inventory (BDI) and the Beck Anxiety Inventory (BAI), respectively.

**Results:** Pregnant women with oligohydramnios had higher scores of depressive and anxiety symptom scores, and a higher prevalence rate of major depression (24.5% vs 6.2%) and generalized anxiety disorder (30.2% vs 3.2%). In addition, patients with deep oligohydramnios had a higher prevalence rate of major depression (40.7% vs 7.7%,  $P=0.009$ ) and GAD (44.4% vs 15.4%,  $P=0.035$ ) compared to patients with moderate oligohydramnios.

**Conclusions:** The results of the present study suggest that oligohydramnios appears to be associated with both major depression and generalized anxiety disorder in pregnant women.