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| ❖ Name & Designation   | : Dr. Geetha Desai, Associate Professor.   |
| ❖ Address  | : Psychiatry NIMHANS, Bangalore.   |
| ❖ Name of the International Conference/<br>Seminar/Symposium/ Workshop | : International Marce Society Biennial Conference 2014.  |
| ❖ Title of the abstract accepted                                       | : How does postpartum Psychosis impact breast feeding?- A report from a mother baby unit in India. |
| ❖ Date & Venue   | : 10-12 <sup>th</sup> September 2014. Swansea, UK.   |
| ❖ Money sanctioned   | : Rs 95,700/-  |
| ❖ Money reimbursed   | : Rs 94,915/-  |

### Participation Report

The international Marce society conference for perinatal mental health, Biennial scientific conference was held between September 10-12, 2014 at Swansea University, Swansea, Wales , UK. The theme was creating change in perinatal mental health. The Conference was attended by health professionals from various backgrounds like psychiatrists, psychologists, psychiatric nurses, developmental specialists, obstetricians from all over the world. The conference had plenary sessions, award sessions, workshops and symposia. The conference also had blitz presentations (which are presentations of free papers) within a stipulated time. Poster sessions were organized during the afternoons.

#### Academic Highlights

The major developments that were presented included behavioral, biological and epigenetic consequences of early social experiences in primates and how the research can be simulated in human beings. The role of parent infant psychotherapy as a method of treatment to improve outcomes for infants with mental health problems was presented. This has been a new learning and how it could be used in Indian setting was major learning. The importance of mother baby units and their role in caring and treating mothers with mental illness during perinatal period was presented across various countries. The major learning of this was that the outcomes were better if mothers were treated in as specialized units. Most of the research in the past had focused on depression, however in this conference the role of anxiety during pregnancy and post partum was presented. The effects of anxiety and stress on infant development and its association with cognitive difficulties in infants were highlighted. Treatment of mental illness like bipolar illness during pregnancy and post partum period was presented. The safety of selective serotonin reuptake inhibitors antidepressant use during pregnancy and its association to congenital anomalies, specifically congenital heart anomalies was useful for clinical practice.

#### Participant's contribution

The paper that was presented was a relevant topic on breast feeding in women with mental illness. The title of the paper was how does postpartum psychosis impact breast feeding? A report from a mother baby unit in India. The research has been done in a setting which is considered low resource setting. The paper highlighted the issues related to breast feeding in women who develop mental illness during postpartum period. Many mothers discontinue breast feeding due to various fears and the family members would also have many queries related to the same.