

評価対象論文リスト(要因:授乳、アウトカム:うつ病)

評価判定日:2025/4/17

①既存の系統的レビュー・メタ解析・統合解析

1	Xia M, Luo J, Wang J, Liang Y. Association between breastfeeding and postpartum depression: A meta-analysis. J Affect Disord. 2022;308:512-519. doi:10.1016/j.jad.2022.04.091
2	Dias CC, Figueiredo B. Breastfeeding and depression: a systematic review of the literature. J Affect Disord. 2015;171:142-154. doi:10.1016/j.jad.2014.09.022

②日本人集団の個別疫学研究

3	Shimao M, Matsumura K, Tsuchida A, et al. Influence of infants' feeding patterns and duration on mothers' postpartum depression: A nationwide birth cohort - The Japan Environment and Children's Study (JECS). J Affect Disord. 2021;285:152-159. doi:10.1016/j.jad.2021.02.011
4	Suzuki S. Relationship between postpartum depression and lactation status at a Japanese perinatal center: A cross-sectional study. F1000Res. 2019;8:1845. Published 2019 Nov 4. doi:10.12688/f1000research.20704.2
5	Nishioka E, Haruna M, Ota E, et al. A prospective study of the relationship between breastfeeding and postpartum depressive symptoms appearing at 1-5 months after delivery. J Affect Disord. 2011;133(3):553-559. doi:10.1016/j.jad.2011.04.027
6	Nakano M, Sourander A, Luntamo T, Chudal R, Skokauskas N, Kaneko H. Early risk factors for postpartum depression: A longitudinal Japanese population-based study. J Affect Disord. 2020;269:148-153. doi:10.1016/j.jad.2020.03.026

③有力な研究

7	Borra C, Iacovou M, Sevilla A. New evidence on breastfeeding and postpartum depression: the importance of understanding women's intentions. Matern Child Health J. 2015;19(4):897-907. doi:10.1007/s10995-014-1591-z
8	Watkins S, Meltzer-Brody S, Zolnoun D, Stuebe A. Early breastfeeding experiences and postpartum depression. Obstet Gynecol. 2011;118(2 Pt 1):214-221. doi:10.1097/AOG.0b013e3182260a2d
9	Figueiredo B, Canário C, Field T. Breastfeeding is negatively affected by prenatal depression and reduces postpartum depression. Psychol Med. 2014;44(5):927-936. doi:10.1017/S0033291713001530
10	Brown A, Rance J, Bennett P. Understanding the relationship between breastfeeding and postnatal depression: the role of pain and physical difficulties. J Adv Nurs. 2016;72(2):273-282. doi:10.1111/jan.12832

■メタ解析、系統的レビュー

Reference			Include study			Design	Category	Relative risk (95% CI or p)	Weight	Magnitude of association
Author	Title	Year	First author	Year	Study location					
Xia	Association between breastfeeding and postpartum depression: A meta-analysis	2022	Abdul(1)	2019	Maldives	Mixed	1.02 [0.47, 1.57]	2.01		
			Abdul(2)	2019	Maldives		1.02 [0.42, 1.62]	1.72		
			Abdul(3)	2019	Maldives		0.60 [-0.10, 1.30]	1.31		
			Abdul(4)	2019	Maldives		0.60 [-0.10, 1.30]	1.31		
			Borra(1)	2015(1w)	UK		0.99 [0.80, 1.18]	8.54		
			Borra(2)	2015(2w)	UK		0.89 [0.73, 1.05]	9.55		
			Borra(3)	2015(4w)	UK		0.81 [0.66, 0.96]	10.18		
			Borra(4)	2015(1w)	UK		1.12 [0.90, 1.34]	7.29		
			Borra(5)	2015(2w)	UK		0.93 [0.75, 1.11]	8.94		
			Borra(6)	2015(4w)	UK		1.02 [0.82, 1.22]	8.17		
			Chiu	2019	China		0.46 [0.18, 0.74]	5.56		
			Chung	2004	USA		0.84 [0.31, 1.36]	2.17		
			Gregory(1)	2015	USA		0.71 [0.49, 0.93]	7.29		
			Gregory(2)	2015	USA		0.80 [0.60, 1.00]	7.8		
Lau	2009	China	0.95 [0.87, 1.03]	12.91						
Mikšič	2020	Croatia	0.41 [0.07, 0.75]	4.3						
Tashakori	2012	Iran	0.50 [-0.32, 1.32]	0.96						
Overall							0.86 [0.77, 0.94]		↓	