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Seasonality of depressive symptoms during pregnancy

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Highlights

- This study shows an EPDS ≥ 9 in 13.2% of pregnant women
- Healthy women show seasonal fluctuations of symptoms with a peak in winter
- Women treated for psychiatric symptoms show an inverse pattern of seasonality
- No seasonal differences were found in the full heterogeneous study sample
- Seasons influence depressive symptoms differently in subgroups of women

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