

## Treatment

### Non-Traditional Treatment Options

#### Perinatal Depression Alternative Treatment Articles

This document provides references to articles about alternative treatments for perinatal depression.

Bonari, L. et al., (2004). *Perinatal Risks of Untreated Depression During Pregnancy*. Canadian Journal of Psychiatry. 49:11, 726-735

Freeman M.P., Hibbeln J.R., Wisner K.L., Watchman M. & Gelenberg A.J. (2006). *An open trial of Omega-3 fatty acids for depression in pregnancy*. Acta Neuropsychiatrica, 00:1-4.

Freeman, M.P. Et al. (2006). *Randomized dose-ranging pilot trial of omega-3 fatty acids for postpartum depression*. Acta Psychiatr Scand. 113: 31-35.

Holden, C. ( 2003, Oct. 31). *Future Brightening for Depression Treatments*. Science. 302: 810-813.

Oren, D.A. (2002). *An Open Trial of Morning Light Therapy For Treatment of AntePartum Depression*. American Journal of Psychiatry. 159: 666-669.

Sit, D., RothSchild, A.J., & Wisner, K.L. (2006). *A Review of Postpartum Psychosis*. Journal of Women's Health, 15:4, 352-368.

Trettin, S., Moses-Kolko, E.L., & Wisner, K.L. (2005). *Lesbian perinatal depression and the heterosexism that affects knowledge about this minority population*. Archives Women's Mental Health. Published online. ■