Hormonal contraception not a cause of depression?

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Little research has been done into the association between the use of hormonal contraception and depression. The few studies that have been done have suffered from methodological shortcomings, and have reported conflicting findings. Many women use hormonal contraceptives at a period of their lives in which depressions are common. Hence, people often wonder whether hormonal contraceptives might be a cause of depression. We are not concerned here with mood changes or depressive feelings, but an actual diagnosis of depression. A systematic review found hardly any association between combined hormonal contraceptives and depression. There might be a (minimal) association for hormonal contraceptives that contain only progestogens. However, when applying the Bradford-Hill criteria, a causal relationship appeared unlikely.

Ge-Bu Indication

Literature references

Authors

- Sanne van der Heijden, Frans M. Helmerhorst, Irene M. van Vliet, Anja D. de Vries

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