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## Antidepressant use during pregnancy

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# STELLINGEN

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## **Antidepressant use during pregnancy**

*Exploring novel (neuro)biological effects in rat mothers and offspring*

1. Rats are an asset to the study of depression even though they cannot suffer from it.
2. Early antidepressant exposure may affect brain development more strongly in males than females, resulting in more pronounced long-term behavioral effects.
3. Systematic reviews of animal studies have underappreciated potential to increase the value of many past studies, and even more so of future studies.
4. Antidepressant treatment during pregnancy and lactation changes the maternal microbiome and fecal metabolite levels most strongly in depressive-like females.
5. Early antidepressant exposure might alter, through an epigenetic mechanism, myelination of the developing brain.
6. Manipulating serotonin affects two brains: the brain in our head and the brain in our belly.
7. A fairly complex research design can produce unfairly complex data.
8. Modern day neurobiology necessitates the involvement of scientists, lab technicians, and statisticians, but universities are statistically understaffed.
9. One might not realize that scientific research may involve the honorable task of massaging a rat's belly until she is willing to poop.
10. Improving a woman's mental health has the amazing potential to improve the quality of life of her descendants, even generations down the line.
11. To understand an individual means to understand their genome and (early life) exposome.

*Anouschka Sophie Ramsteijn, 2020*