**Psychiatry & Psychotherapy Podcast Series: Episode 14: Hormonal Contraceptives & Mental Health**

June 26, 2024 – December 31, 2025

**Purpose**

This episode will discuss hormonal contraceptives & mental health. Many women take hormonal contraceptives as a way of preventing pregnancy, or for other health reasons. These contraceptives basically use hormones to stop your body from ovulating.   
  
But do you ever wonder if changing your hormones can affect more than just your chances of getting pregnant?    
  
Birth control has many positive effects too, other than just preventing unwanted pregnancy. It can help with:  
  
 - Acne  
 - Depression in elderly  
 - Hirsutism  
 - Heavy periods  
 - Maintaining bone density  
 - Decreased risk of certain cancers  
 - Premenstrual dysphoric disorder

**Target Audience**

Specialties – Family Medicine, Medicine, Psychiatry & Human Behavior

Professions – Physician, Nurse Practitioner, Physician Assistant

**Activity Objectives**

1 Describe the relationship between estrogen and mood.

2 Describe how hormonal contraceptives impact empathy, reward processing, and fear response.

3 Identify how female attraction varies at mid-cycle.

4 Describe the association between contraceptives and depression.

5 Summarize times of highest association between contraceptive use and depression.

**Accreditation Statement**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and Emotion Connection, LLC. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

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This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency & implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, <https://www.meded.uci.edu/CME/> for AB 1195 and AB 241 resources.



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**Faculty & Planner Disclosures**

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| --- | --- | --- |
| **Name of individual** | **Individual's role in activity** | **Nature of Relationship(s) / Name of Ineligible Company(s)** |
| Mona Mojtahedzadeh, MD | Faculty | Nothing to disclose - 06/17/2024 |
| David Puder, MD | Course Director, Faculty | Nothing to disclose - 05/27/2024 |

**Agenda**

**[INSERT AGENDA HERE MANUALLY]**

**Acknowledgement of Commercial Support**

No commercial support has been received for this activity.