

# Postpartum Depression

## Description:

- Postpartum depression (PPD) is more serious and incapacitating than postpartum blues. It can interfere with a woman's ability to care for herself and her newborn. PPD occurs in 10%-15% of women and usually develops during the first 4 months postpartum but can occur anytime in the first year after childbirth.

## Risk Factors:

- A diagnosis of bipolar disorder
- Baby has health problems or other special needs
- A weak support system

## Signs/symptoms:

- Difficulty bonding with your baby
- Withdrawing from family and friends
- Loss of appetite or eating much more than usual

## Diagnostic studies:

- Edinburgh Postnatal Depression Scale: a 10-item questionnaire used to detect postpartum depression
- Linnard-Palmer, L., & Coats, G. H. (2021). *Safe maternity and pediatric nursing care*. F.A. Davis.

## Prevention:

- During pregnancy, monitor closely for signs and symptoms of depression
- After baby is born, screen for symptoms of postpartum depression
- If you have a history of depression, tell your healthcare provider as you are more at risk and may require further treatment

## Treatment options:

- Counseling
- Antidepressant medications
- Relaxation techniques

## References:

- Linnard-Palmer, L., & Coats, G. H. (2021). *Safe maternity and pediatric nursing care*. F.A. Davis.
- Mayo Foundation for Medical Education and Research. (2015, October 22). *Postpartum depression: What you need to know - mayo clinic news network*. Mayo Clinic. <https://newsnetwork.mayoclinic.org/discussion/postpartum-depression-what-you-need-to-know/>