

Postpartum Depression as it Relates to Health Issues: Literature Review

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The general purpose of a literature review is to understand the current state of knowledge about the three selected articles in this quantitative research paper (Houser, 2023). A literature review helps to provide an opportunity for researchers to share ideas and analyze research by examining existing literature (Houser, 2023). Pregnancy should be one of the best experiences of a woman's life; some women have the luxury of bringing life into this crazy world. Pregnancy can be a happy experience for many, but for others, pregnancy can be rough. Postpartum depression is severe among women in the first six weeks after giving birth, especially for first-time mothers. There is no easy way of adjusting to motherhood and planning to change lifestyles to fit the new norm of having a child. Motherhood can weigh heavily on the physical and emotional well-being of someone. Mental health in mothers should always be serious, seeing as depression can lead to suicide. Studies have shown that suicide is a leading cause of maternal death in the first year following childbirth; because postpartum depression has such a high risk for suicide, there should always be resources for mothers during and after giving birth (Policy Center for Maternal Mental Health, 2021).

Primiparous Adaptation with Postpartum health Issues in Jeddah City, Kingdom of Saudi

Arabia: A Quantitative Study

This quantitative study explores primiparous adaptation with postpartum health issues (Al-Zahrani et al., 2021). This article discusses the effect postpartum can have on first-time mothers' physical and emotional well-being (Al-Zahrani et al., 2021). In this study, researchers wanted to know what contributing factors help to determine why mothers are experiencing postpartum depression (Al-Zahrani et al., 2021). This study provides great detail on many health

issues women experience before and after childbirth explaining why postpartum depression can happen. However, because no definite reason exists, more research should be provided to explore how postpartum depression could affect health issues (Al-Zahrani et al., 2021).

Key Points

A structured questionnaire to collect data concerning depression and weight gain is considered the most common postpartum health issue (Al-Zahrani et al., 2021). A descriptive design allows the researchers to measure variables and provide an opportunity to describe relationships between them. Included in this study were a group of 140 participants; some were first-time mothers, and others had experience with postpartum depression; through an electronic survey due to the outbreak of covid-19 (Al-Zahrani et al., 2021). A survey was distributed through social media sites such as Facebook and WhatsApp to reach the study sample (Al-Zahrani et al., 2021). This quantitative study consists of three parts, the first part is to collect general background information and mothers' experiences with postpartum, the second part aims to collect information related to the weight retention of participants, and the third part is the Edinburgh Postnatal Depression Scale (EPDS), this help to identify women who may be experiencing postpartum depression (Al-Zahrani et al., 2021). The significance of this study was enough for this small research article. The data was precise and to the point, but no p-value throughout this article. In this study, many factors went into women developing postpartum depression and how that can weigh heavily on specific health issues. Overall, the researchers in this study found that getting through the primiparous postpartum period depends on social support, exercise, educational level, and nursing care provided to the mothers (Al-Zahrani et al., 2021).

Assumptions

This study provided evidence of the relationship between mothers who experience postpartum depression and the contributing factors toward health issues (Al-Zahrani et al., 2021). This study's results help researchers narrow down what can help mothers in the future, how to understand postpartum depression, and what to limit contributing factors that may affect their health (Al-Zahrani et al., 2021). Though there is no definite reason for mothers to develop postpartum depression, further research will determine how postpartum depression could affect health issues. In this study, the support of others, nursing care, and education played a significant role in determining how mothers get through that primiparous postpartum period (Al-Zahrani et al., 2021). With this information in this study, future researchers now have the tools and understanding to educate better and expand the reasoning behind postpartum depression.

Deficit/Conclusion

The line of reasoning from this article is to build an understanding of how postpartum depression relates to health issues and what contributing factors help mothers better cope with experiencing depression after giving birth (Al-Zahrani et al., 2021). The survey conducted with these 140 participants sparked a conversation that needed to be because so many women are experiencing depression after giving birth and not knowing what the contributing factors are (Al-Zahrani et al., 2021). Collecting data throughout this research article allowed researchers to understand better the relationship between postpartum depression, health issues, and how the influence of outside sources may better the outcome of a mother's health (Al-Zahrani et al., 2021). Knowing the correlation between how postpartum depression and the effects it has on health issues will help future research establish a better understanding of what type of impact depression will have on a mother after giving birth. Nursing failing to accept postpartum depression as it relates to health issues would not necessarily show implications; however, it

would limit future understanding of how these two relate to one another and what can help minimize the experience of depression for mothers after giving birth.

The Relationship between preeclampsia with the Occurrence of Postpartum Depression in Masyita Delivery Hospital Makassar, Indonesia

How preeclampsia affects postpartum depression is the primary subject of this investigation (La Isa et al., 2021). According to the study (La Isa et al., 2021), women with preeclampsia have more severe depressive symptoms than women without preeclampsia or postpartum depression. Preeclampsia does not directly cause maternal death, but it does impact the likelihood of postpartum depression (La Isa et al., 2021). According to La Isa et al. (2002), postpartum depression is a significant mental disease that is frequently not identified early enough to receive therapy. Researchers discovered that postpartum depression is directly related to preeclampsia risk variables in this study (La Isa et al., 2021).

Key Points

Researchers were able to draw a direct connection between preeclampsia development and postpartum depression by using data gathered from the Masyita delivery facility (La Isa et al., 2021). The researchers used a cross-section quantitative method throughout this study, employing 61 postpartum women as the sample size and purposive sampling, utilizing a questionnaire and chi-square analysis. According to this study, moderate preeclampsia in pregnancy affected 34 participants, of whom 18.8% had postpartum depression, and severe preeclampsia affected seven subjects, of whom 71.4% had postpartum depression (La Isa et al., 2021). Chi-square analysis yielded a p-value of 0.001 for the results (La Isa et al., 2021). The

significant relationship between preeclampsia and the incidence of postpartum in Masyita delivery hospital was concluded in this study.

Assumptions

Preeclampsia and postpartum depression were linked, and researchers did an excellent job establishing this (La Isa et al., 2021). At the delivery hospital Masyita in Makassar, Indonesia, this study determined the significance of the association between preeclampsia and the prevalence of postpartum depression (La Isa et al., 2021). According to research, a mother's chance of developing postpartum depression increases with the severity of her preeclampsia (La Isa et al., 2021). Future researchers can use the data from this study to establish the link between preeclampsia and postpartum depression. This little study may not apply to many countries. However, a more extensive study will be conducted in the future to find out how postpartum depression impacts a mother who has preeclampsia. Future researchers who find this topic interesting should develop this research by adding variables and samples and using different methods to see a complete relationship between the two.

Deficit/Conclusion

According to the study cited in this article, a statistically significant link exists between postpartum depression and preeclampsia in moms (La Isa et al., 2021). Preeclampsia and postpartum depression have a strong association, according to research that supports earlier findings (La Isa et al., 2021). This little study acquired some crucial information that may assist future researchers in better understanding this health problem for mothers coping with preeclampsia and postpartum depression. Due to inadequate response rates, the study's sample size of 61 postpartum moms decreased to 41 (La Isa et al., 2021). Throughout the study, 26.67%

of postpartum depression—whether mild or severe—was caused by preeclampsia. According to the study's findings (La Isa et al., 2021). Preeclampsia to the emergence of postpartum depression. To get accurate results demonstrating the relationship between preeclampsia and postpartum depressed women, future research will need to gather data on a larger scale due to the small size of this study and the fact that it is at one hospital in Makassar, Indonesia.

Course, risk factors, and adverse outcomes of disordered eating in pregnancy

This article aims to ascertain how pregnant women with eating disorders fare (Chan et al., 2019)—determining the danger signs and the connection between disordered eating and postpartum depression (Chan et al., 2019). In the postpartum period, women tend to consume more, linked to elevated depressive symptoms and abnormal birth weight (Chan et al., 2019).

Key Points

The article (Chan et al., 2019) gathered substantial data and went into great detail to explain how binge eating during pregnancy can result in depression symptoms in the postpartum stage. From the first trimester to six months after delivery, standardized tools to evaluate a continuous sample of 1,470 Chinese pregnant women from hospitals in Hong Kong (Chan et al., 2019)—a quantitative method with a prospective longitudinal design. Data on various topics, including demographics, unintended or undesired pregnancies, and obstetric problems, such as birth weight, were gathered for this study (Chan et al., 2019). No p-value was provided in this study, which used chi-square testing to assess the prevalence of clinically elevated eating disorder scores throughout different phases of pregnancy (Chan et al., 2019). 1,470 of the 1,647 expectant women who accepted the invitation to participate did so and returned the survey (Chan et al., 2019). The findings revealed an unfair comparison between postpartum disordered eating

and any other stage of pregnancy, leading to women eating more during this time (Chan et al., 2019). The goal was to comprehend eating disorders during each trimester, but after giving birth, disordered eating worsens. The postpartum stage was determined using a depressed scale that assessed which pregnant trimester the moms felt their lowest (Chan et al., 2019). Numerous women in this study linked postpartum symptoms to those conditions. Depression in the postpartum stage is determined by weight and emotional and physical changes (Chan et al., 2019).

Assumptions

The goal of this article's line of reasoning was to demonstrate a correlation between eating disorders and each trimester. As a result, Chan et al. (2019) concluded that eating disorders are more likely to occur in the postpartum period when mothers are experiencing postpartum symptoms like depression, weight anxiety, and emotional and physical changes. After childbirth, weight changes have a significant impact on mental health. When a person is suffering from postpartum depression, binge eating can become a kind of consolation. Future researchers will learn in their quest to avoid binge eating and manage postpartum depression in moms by understanding the relationship between disordered eating and the fact that it occurs more frequently at this time.

Deficit/Conclusion

It is acceptable that there is a known link between disordered eating and postpartum depression. The offered survey has 1,647 participants at the outset and 1,470 at the conclusion (Chan et al., 2019). Researchers discovered the connection between disordered eating and postpartum depression after gathering sufficient data. The numbers were not significant enough to classify disordered eating during each trimester. However, it got worse during the postpartum

stage because mothers' mental health was affected by the postpartum stage due to women's weight, emotional and physical changes (Chan et al., 2019). Given that disordered eating connects to anxiety, sadness, and postpartum disordered eating, the current study highlighted the need for more significant clinical and academic research on the topic (Chan et al., 2019).

Conclusion

Postpartum depression has impacted many women in the postpartum stage. Postpartum depression has weighed heavily on the mental well-being of mothers (Al-Zahrani et al., 2021). The severity of depressive symptoms in mothers who have experienced preeclampsia is much higher than those who have not (La Isa et al., 2021). Preeclampsia is plausible that these adverse events trigger stress and grief, making women more vulnerable to psychiatric episodes after delivery. The effect of postpartum depression has also contributed to how women eat during the postpartum stage, associating postpartum depression with disordered eating (Chan et al., 2019). The lack of education of mothers and or healthcare professionals is why future research is required to understand better how essential postpartum depression plays a role in the outcome of a mother's health.

This collected information will improve patient outcomes by focusing on the change needed to understand postpartum depression in mothers after childbirth better. Data collected helps researchers correlate the relationships between postpartum depression and health issues. To obtain quality care for mothers, we first must understand the level of care mothers suffering from postpartum depression are not getting.

These three articles provided significant detail to aid nursing practice in identifying strategies to enhance medical personnel's delivery of high-quality care. Education and effective

tools will help to advance nursing practice even if more study is required to appreciate how postpartum depression affects health problems entirely.

Quality enhancement is through knowledge acquisition and the use of the appropriate equipment (QSEN Institute, 2020). Healthcare workers can look more broadly at what can improve quality by acknowledging that postpartum depression leads to health difficulties (QSEN Institute, 2020). Quality improvement is also promoted by gathering information and comparing the impact postpartum depression has on a mother's health (QSEN Institute, 2020). Quality improvement is springing into action to take the necessary steps to mend the nursing industry's flaws related to postpartum depression (QSEN Institute, 2020).

Trials and errors are a part of life, which is also true of the healthcare industry. The healthcare industry must offer education and employ working protocols to help moms and staff members better comprehend postpartum depression as it relates to health issues that affect mothers after giving birth. The data gathered will be used to examine the consequences of postpartum depression and enhance patient outcomes. The way to improve healthcare is by changing our view of postpartum depression concerning health conditions.

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