

POSTPARTUM DEPRESSION

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WHAT IS POSTPARTUM DEPRESSION?

Postpartum depression is depression suffered by a mother after a childbirth. This arises from the combination of hormonal changes, psychological adjustment to motherhood and fatigue. Around one in seven women can develop this depression. PPD can occur in females having depression and anxiety in any trimester of pregnancy (Mughal, et., 2022).

COMMON SIGNS AND SYMPTOMS:

- Psychological: history of depression and anxiety, negative attitude towards the baby, the reluctance of baby's gender, and sexual abuse.
- Obstetric risk factors: risky pregnancy, which includes emergency cesarean section or hospitalizations during pregnancy, preterm or low birth infant, etc.. (Mughal, et., 2022).
- Social factors: lack of social support, domestic violence, verbal abuse and even smoking (Mughal, et., 2022).
- Lifestyle: eating habits sleep cycle, physical activities, and exercise (Mughal, et., 2022).

MANAGEMENT STRATEGIES:

- First line of treatment: psychosocial and psychological psychotherapy- mild to moderate PPD.
- A combination of therapy and antidepressant drugs- moderate to severe PPD.
 - o Selective serotonin reuptake inhibitors (SSRIs) first choice of antidepressant.
 - o Need to make sure you are talking to physician if Breast feeding for risk of transferring to baby.
- Severe depression: may not respond to psychotherapy and pharmacotherapy. A four consecutive medication trial called ECT is recommended.
 - o For patients showing S/S: psychotic depression with intent or planning to commit suicide on self or infant, and refusing to eat, leading to malnutrition and dehydration. (Mughal, et., 2022).

STATISTICS:

- Most commonly occurs within 6 weeks after childbirth. PPD occurs in about 6.5% to 20% of

Among women in the CDC survey, postpartum depression rates were highest among American Indian/Alaska Native women in 2018.

Prevalence of postpartum depression symptoms by race/ethnicity among 31 survey sites, 2018



Data is collected for select states that participated in the CDC's Pregnancy Risk Assessment Monitoring System Survey. Source: Centers for Disease Control and Prevention

women.

1. I have been able to laugh and see the funny side of things <input type="checkbox"/> As much as I always could <input type="checkbox"/> Not quite so much now <input type="checkbox"/> Definitely not so much now <input type="checkbox"/> Not at all	6. * Things have been getting on top of me <input type="checkbox"/> Yes, most of the time I haven't been able to cope at all <input type="checkbox"/> Yes, sometimes I haven't been coping as well as usual <input type="checkbox"/> No, most of the time I have coped quite well <input type="checkbox"/> No, I have been coping as well as ever
2. I have looked forward with enjoyment to things <input type="checkbox"/> As much as I ever did <input type="checkbox"/> Rather less than I used to <input type="checkbox"/> Definitely less than I used to <input type="checkbox"/> Hardly at all	7. I have been so unhappy that I have had difficulty sleeping <input type="checkbox"/> Yes, most of the time <input type="checkbox"/> Yes, sometimes <input type="checkbox"/> Not very often <input type="checkbox"/> No, not at all
3. * I have blamed myself unnecessarily when things went wrong <input type="checkbox"/> Yes, most of the time <input type="checkbox"/> Yes, some of the time <input type="checkbox"/> Not very often <input type="checkbox"/> No, never	8. * I have felt sad or miserable <input type="checkbox"/> Yes, most of the time <input type="checkbox"/> Yes, quite often <input type="checkbox"/> Not very often <input type="checkbox"/> No, not at all
4. I have been anxious or worried for no good reason <input type="checkbox"/> No, not at all <input type="checkbox"/> Hardly ever <input type="checkbox"/> Yes, sometimes <input type="checkbox"/> Yes, very often	9. * I have been so unhappy that I have been crying <input type="checkbox"/> Yes, most of the time <input type="checkbox"/> Yes, quite often <input type="checkbox"/> Only occasionally <input type="checkbox"/> No, never
5. I have felt scared or panicky for no very good reason <input type="checkbox"/> Yes, quite a lot <input type="checkbox"/> Yes, sometimes <input type="checkbox"/> No, not much <input type="checkbox"/> No, not at all	10. * The thought of harming myself has occurred to me <input type="checkbox"/> Yes, quite often <input type="checkbox"/> Sometimes <input type="checkbox"/> Hardly ever <input type="checkbox"/> Never

References:

Mughal, S. (2022, October 7). *Postpartum depression*. StatPearls [Internet]. <https://www.ncbi.nlm.nih.gov/books/NBK519070/>

Serene Health Group. (2023, June 19). *A historical perspective: Postpartum depression throughout the ages*. Mindset PrTMS. <https://mindsetd.com/a-historical-perspective-postpartum-depression-throughout-the-ages/>