

Postpartum Depression

Literature Review

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Postpartum depression is a common complication associated with pregnancy that many women suffer through. Some women experience postpartum depression more severe than others, however, this phenomenon can be life-threatening to both mother and baby if not treated expeditiously and appropriately. Postpartum depression is a term that often goes unnoticed as many women feel embarrassed or ashamed to admit that they need help. Studies have been done to configure a way to help prevent postpartum depression as this mental illness can be extremely dangerous or fatal.

The Course of Postpartum Depression: A Review of Longitudinal Studies

The main purpose of this article is to inform the audience regarding the long-term effects of postpartum depression rather than the pressing issues that occur immediately. Overall, the author stipulates many different questions throughout the article; the main one being why postpartum depression is such a critical and important topic that is not heavily addressed. The most important piece of information found in this article is that postpartum depression can be predicted in some cases and accounted for early diagnosis and treatment, resulting in more positive preventions and outcomes. The author infers that there are predictors for postpartum depression including age, socioeconomic status, ethnicity, partner relationship, history of mental illnesses, and personality factors. The overall message within this article is that postpartum depression can be predicted for some individuals and the importance of early diagnosis. The author also emphasizes how mothers that experience postpartum depression are more prone to maternal disengagement which results in a child who is essentially being deprived of needs during a sensitive developmental period (Vliegen, Casalin, and Luyten, 2014). The key concepts

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in this article are that the consequences for detached maternalness are detrimental for children in later years. The article emphasizes that because there are predictors for postpartum depression, there needs to be more done to monitor and evaluate how a mother is coping with a new baby. If this study was taken seriously, fewer women would struggle with postpartum depression and more women would know what signs to look for and report to get treated. By not taking these implications seriously, we risk more cases of postpartum depression, postpartum psychosis, suicides, and homicides.

References

- Vliegen, N., Casalin, S., & Luyten, P. (2014). The Course of Postpartum Depression: A Review of Longitudinal Studies. *Harvard Review of Psychiatry, 22*(1).
<https://doi.org/10.1097/HRP.0000000000000013>