



# Mood Disorders After Pregnancy

Postpartum Blues  
and  
Postpartum Depression





# What is Baby Blues ??



# But I should be happy

Most new moms experience the baby blues, feelings of sadness and worry that begin in the first days after childbirth. With the baby blues, a woman might feel happy one minute and tearful or overwhelmed the next. Baby blues usually last only a few days or a week or two.

## Why it happens ?

These mood changes are believed to be a natural effect of the hormone shifts that happen with pregnancy and childbirth. The hormones return to their pre-pregnancy levels within a week or so. As they do, baby blues usually get better without medical treatment.

# Why am I experiencing baby blues ?

Baby blues affects 70-80% of women after they give birth due to the drop in hormone levels, but there are a few risk factors :

Sleep deprivation

Lack of family or social support

Being a first time parent or giving birth at a young age

Low socioeconomic status

Poor diet

# Baby blues

## Signs and Symptoms

- Mood swings from happy to sad
- Feeling irritable, overwhelmed, and anxious
- Difficulty sleeping or trouble falling asleep
- Feeling empty or lonely
- Feeling too exhausted to take care of yourself

Baby blues typically start within 48-72 hours after giving birth and can last up to 2 weeks. If symptoms worsen or persist for longer than 2 weeks you need to see your primary care doctor.

# Postpartum Depression

## What is Postpartum Depression?

Postpartum depression involves at least a 2-week period of depressed mood or loss of interest in almost all activities accompanied by at least four of the following:

1. Changes in appetite or weight, sleep, and psychomotor activity
2. Decreased energy
3. Feelings of worthlessness or guilt
4. Difficulty thinking, concentrating, or making decisions
5. Recurrent thoughts of death or plans or attempts of suicide

This usually occurs during pregnancy or the first 4 weeks after birth

# Postpartum Depression

## Risk Factors

Who is at risk for developing PPD?

- ★ Depressive symptoms during pregnancy or previous PPD (strong predictors),
- ★ First pregnancy
- ★ Personal or family history of depression, mental illness, or alcoholism,
- ★ Personality characteristics such as immaturity and low self-esteem,
- ★ Medical problems during pregnancy or after birth (preeclampsia,
- ★ Preexisting diabetes mellitus, anemia, or postpartum thyroid dysfunction),
- ★ Child care stress (infant with health problems, including preterm and low birth weight, anomalies, or a difficult temperament),
- ★ Inadequate social support, fatigue and lack of sleep, financial worries, and chronic stressors.



# Postpartum Depression

## Signs and Symptoms

1. Depressed mood with loss of interest in her usual activities and a loss of her usual emotional response toward her family.
2. Even though she cares for the infant, she is unable to feel pleasure or love.
3. Intense feelings of anxiety, unworthiness, guilt, agitation, and shame, and she often expresses a sense of loss of self.
4. Generalized fatigue, irritability, complaints of ill health, and difficulty concentrating and making decisions are also present.
5. She often has little interest in food, may have weight changes, and experiences
6. sleep disturbances (insomnia or excessive sleeping)

**Most of the symptoms are intensely and consistently present for at least a 2-week period and tend to become worse over time.**

# TREATMENT PLANS



# Treatment For Postpartum Depression

There are two main treatments for postpartum depression: medication and therapy. Either one can be used alone, but they may be more effective when used together.

- Antidepressants have a direct effect on the brain. They alter the chemicals that regulate mood. They won't work right away, though. It can take several weeks of taking the medication before you notice a difference in your mood.

These type of antidepressants have to be taken for at least 6 Mo from prognosis.

- Some non pharmacological treatment are: A psychiatrist, psychologist, or other mental health professional can provide counseling. Therapy can help you make sense of destructive thoughts and offer strategies for working through them.

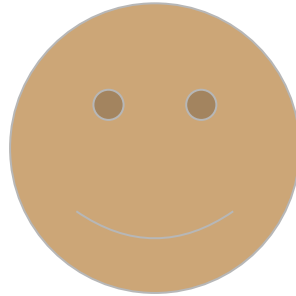
# Treatments for Baby Blues

- Rest, nutrition and support are quite important because being exhausted, sleep deprived or feeling stressed can make feelings of sadness and depression worse.
- To cope with baby blues, new moms should accept help in the first days and weeks after giving birth. Let family and friends help with errands, grocery shopping, household chores and child care. Talking to people close to you, or to other new mothers, can help you feel supported and remind you that you're not alone.

# Very Important !

## When to call the doctor

If baby blues linger longer than a week or two, talk to your doctor and discuss whether postpartum depression may be the cause of your emotional lows.



# References

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- Mayo Clinic Minute: Postpartum Depression- Not Just The Baby Blues. (2016, March 21). Retrieved November 03, 2020, from [https://www.youtube.com/watch?v=MEV0goopX1I&feature=emb\\_title](https://www.youtube.com/watch?v=MEV0goopX1I&feature=emb_title)