

Postpartum depression



Health Prevention and Education Unit
Prepared by Licensed Health Educators

Objectives

Define the concept of postpartum depression.

Identify the symptoms of postpartum depression.

List the treatments and additional recommendations for postpartum depression.



A woman with her hair in a bun, wearing a white shirt, is leaning over a white crib. She is looking into the crib where a baby is lying. The room has a white chair with a yellow and green object on it, and a white shaggy rug on the floor.

Introduction

- The birth of a baby is filled with joy, excitement, and hope. However, it can sometimes be accompanied by difficult emotions, uncertainty, and heightened emotional vulnerability.

¿What is postpartum depression?

According to psychologist Emilia Rivas, postpartum depression is not a momentary sadness or a sign of weakness: it is a **medical condition** that can affect how a mother feels, thinks, and acts.



It can occur:

Shortly after delivery or up to a year later.

It usually occurs within the first three months after delivery.

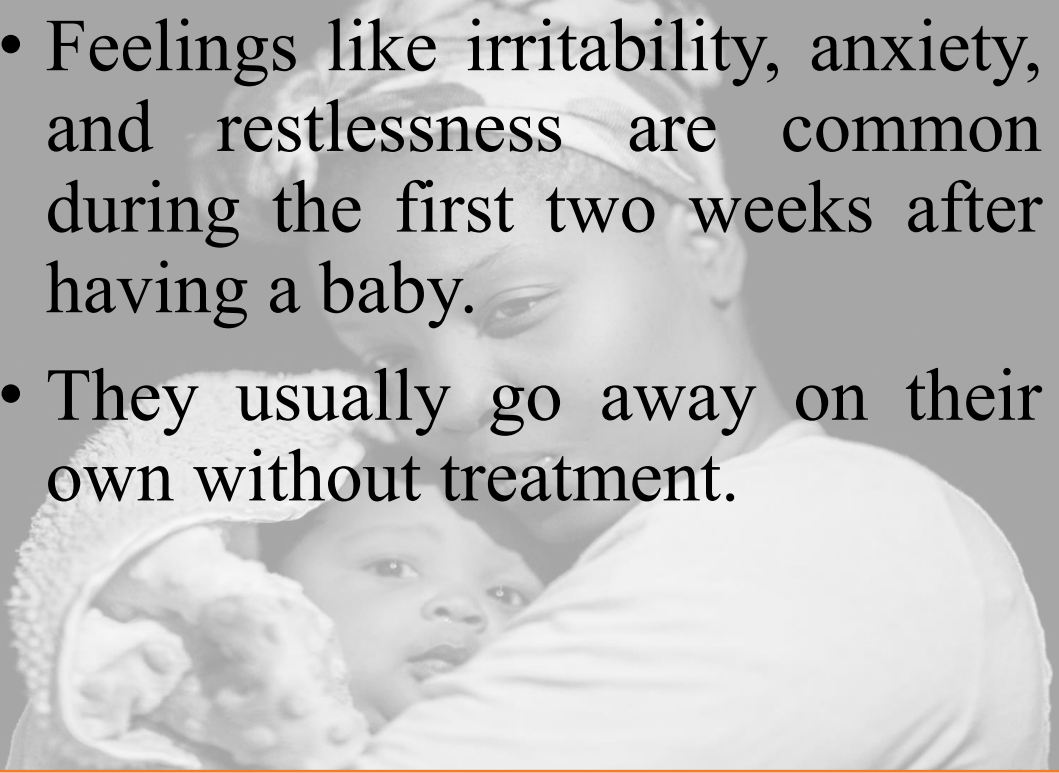
Statistics

- According to the World Health Organization (WHO), 1 in 7 women may experience postpartum depression.

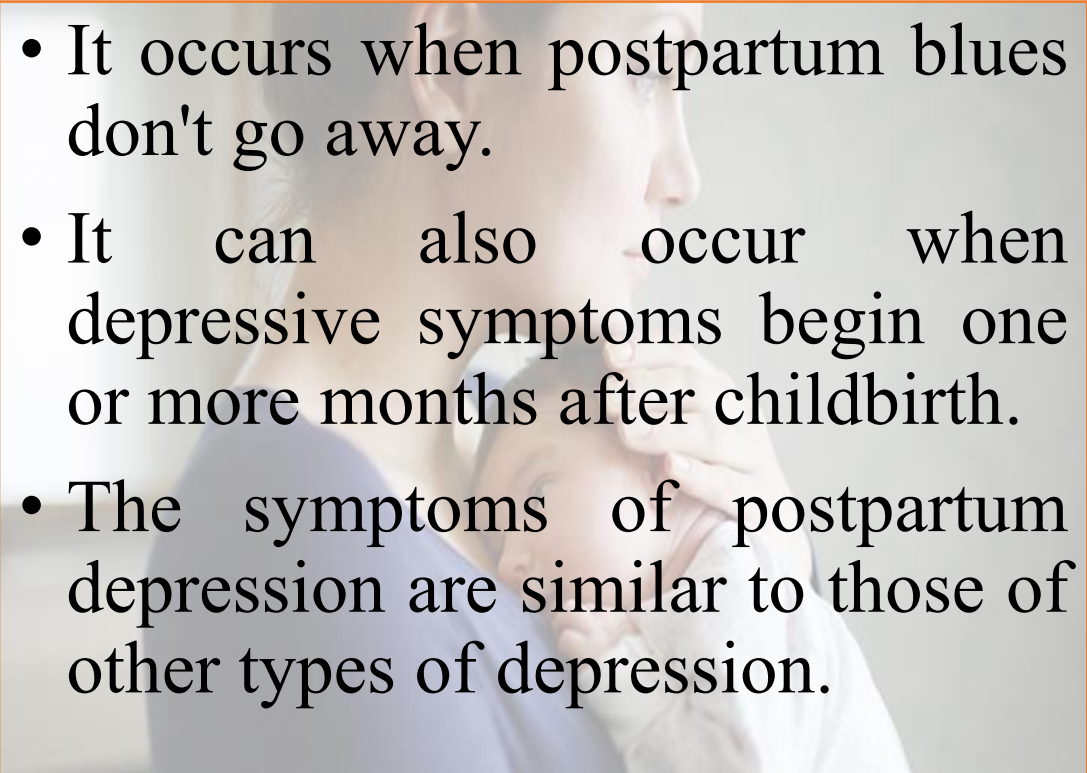


Symptoms

Postpartum blues

- Feelings like irritability, anxiety, and restlessness are common during the first two weeks after having a baby.
 - They usually go away on their own without treatment.
- 
- A grayscale photograph of a woman holding a baby. The woman is looking down at the baby with a gentle expression. The baby is wrapped in a blanket and looking towards the camera.

Postpartum depression

- It occurs when postpartum blues don't go away.
 - It can also occur when depressive symptoms begin one or more months after childbirth.
 - The symptoms of postpartum depression are similar to those of other types of depression.
- 
- A grayscale photograph of a woman holding a baby. The woman is looking down at the baby with a gentle expression. The baby is wrapped in a blanket and looking towards the camera.

Symptoms of postpartum depression

Changes in
appetite.

Loss of energy.

Inability to care
for herself of the
baby.

Intense
preoccupation with
the baby or little
interest in him/her.

Difficulty
sleeping.

Loss of
concentration.

Feelings of
worthlessness.

Lack of interest in
all or in the most
activities.

Causes



The exact causes of postpartum depression are unknown.



However, the physical and hormonal changes during pregnancy and after childbirth can affect a mother's mood.



After delivery, estrogen and progesterone levels decrease, which can lead to symptoms of depression.



Some of the changes that can influence mood include lack of sleep, fatigue, changes in the body after pregnancy, and changes in work relationships, among others.

Risk Factors



You may be at higher risk of developing this condition if you:

Have had depression or bipolar disorder

Have had health problems during pregnancy

Lack support from family or friends

Have had a premature birth

Have a baby with special needs

Assessment of postpartum depression



The postpartum depression assessment consists of a series of standardized questions that the mother answers to help the healthcare professional determine if she has postpartum-related depression.

- One of the most common questionnaires is known as the **Edinburgh Postnatal Depression Scale (EPDS)**.

The EPDS has 10 questions about mood and feelings of anxiety.

- If the assessment identifies that the woman may have postpartum depression, it is important to receive treatment as soon as possible.

Treatment

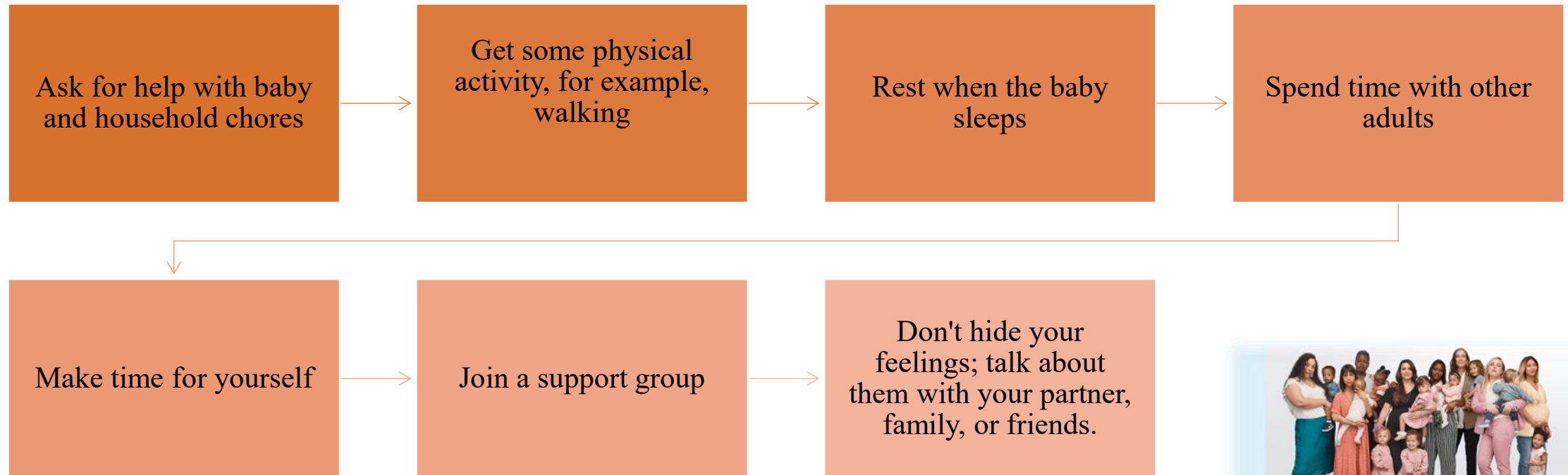
Treatment, in most cases, may include medication, therapy, or both.

Breastfeeding will influence the type of medication recommended by the healthcare professional.

Cognitive behavioral therapy (CBT) and interpersonal therapy (IPT) are the most used types of psychotherapy.



Additional recommendations



Complications

Without treatment, postpartum depression can last for months or even years.

Long-term complications can be similar to those of major depression.

If left untreated, there is a greater risk of harm to yourself or your baby.

¿When to contact a professional?

Contact a healthcare professional if you experience any of the following:

You are unable to care for yourself or your baby.

Postpartum blues do not go away after 2 weeks.

Your depressive symptoms worsen.

You have thoughts of harming yourself or your baby.

You find it difficult to perform tasks at work or at home.

Questions or Comments



References

- <https://medlineplus.gov/spanish/ency/article/007215.htm>
- <https://www.unicef.org/elsalvador/historias/la-depresi%C3%B3n-postparto-priorizar-la-salud-mental-materna-para-cuidar-toda-la-familia>
- <https://medlineplus.gov/spanish/pruebas-de-laboratorio/evaluacion-de-la-depresion-posparto/>
- <https://www.nimh.nih.gov/health/publications/espanol/depression-perinatal>



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician or contact the following telephone lines:

Available Service Lines

Medical Advice Line

24 hours a day / 7 days a week

1-844-347-7801

TTY/TDD 1-844-347-7804

Customer Service

1-844-347-7800

TTY/TDD 1-844-347-7805



THANK
YOU

¿Ayuda con su Plan de Salud del Gobierno?



ASES

ADMINISTRACIÓN DE SEGUROS DE SALUD DE PUERTO RICO



Línea libre de cargos
1-800-981-2737
TTY 787-474-3389