

Impact of Screening, Social Support & Skill Training on Postpartum Depression

Depression can first present in new mothers, be recurring, or worsen during postpartum, effecting an estimated 20% of new mothers. Universal screening and expanded treatment options need to be implemented nationwide, as over half of all mothers who are diagnosed do not receive any treatment. Therapy is very effective, especially alongside a supportive partner or family. Together, they mitigate symptom severity, improve outcomes, and ensure that the first steps into parenting are steady.

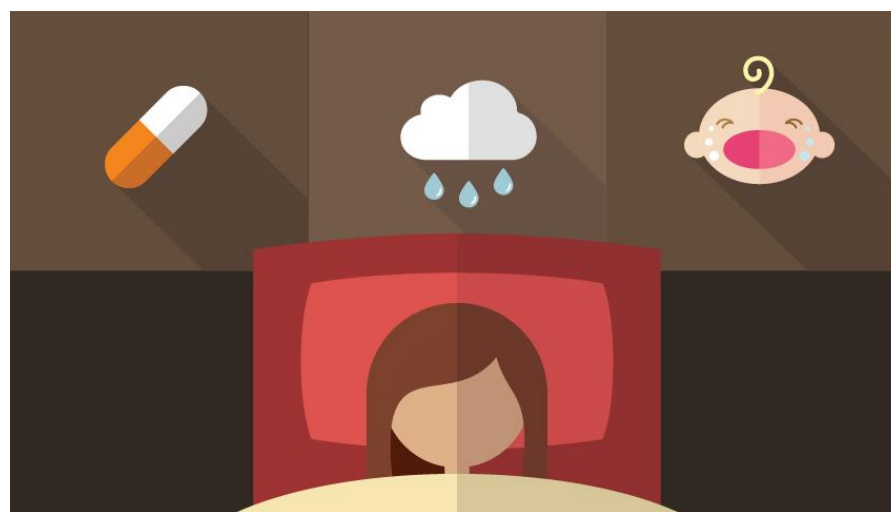
Symptoms of PPD

- Sadness
- Loneliness
- Sleeplessness
- Feeling Hopeless
- Suicidality
- Tearful
- Guilt/Shame
- Excessive Worry
- Withdrawal
- Anger/Rage
- Confusion
- Denial/Apathy
- Feelings of Failure
- Paranoia
- Anxiety
- Escapism
- Isolation
- Feeling Abandoned

Complications if Untreated/Undertreated

- Bonding with Baby
- Relationship with Partner
- Activities of Daily Living
- Development of Baby
- Work-Life Balance
- Lost Income

- Dirty Household
- Failure to Thrive
- Separation/Divorce
- DSS/CPS Involvement
- Child Abuse/Neglect
- Suicide/Infanticide



Therapy Types

- Couple's Counseling
- Individual
- Group Therapy
- Telephone/Online

Risk Factors for Postpartum Depression

- Previous depression
- Domestic Violence
- Low-Socioeconomic
- Poor support

- High Stress
- Sleep Disruption
- Pregnancy Losses
- Difficult Delivery

Why Therapy Not Meds?

- Fear of Side Effects
- Breastfeeding
- Fear of Stigma
- Desire of "Natural Care"

Parent Training

- Responding to Cries
- Co-parenting Success
- Child Development Classes
- Parenting Skills