

QUICK FACTS:

POSTPARTUM DEPRESSION

- Postpartum Depression (PPD) is a clinical depression that often arises during pregnancy or in the first year after giving birth.
- Approx 10-15% of women will experience postpartum depression, making it the most common of perinatal mood disorders
- Onset: first year after giving birth
- Risk factors: history or family history of depression or PPD, higher risk pregnancies, difficult deliveries, low social support and high levels of stress.

Symptoms for Women

- Difficulty sleeping/resting
- Changes in appetite
- Low self confidence
- Reduced interest in activities you used to enjoy
- Loss of interest in life
- Negative thinking/thoughts
- Crying spells
- Feeling hopeless
- Difficulty communicating needs
- Social withdrawal
- Feeling emotionally “shut down” or overwhelmed
- Muscle tension
- Overwhelming fatigue
- Suicidal thoughts
- Difficulty bonding with your baby

Symptoms for Men

- Greater irritability and impulsivity
- Sudden social / emotional withdrawal from family
- Loss of interest in intimacy with partner
- Difficulty bonding with the baby
- Increase in internal pressure
- Concerns about productivity and providing for family
- Loss of interest in activities that used to bring joy
- Fatigue
- Sleep difficulties
- Emotional dysregulation
- Suicidal thoughts
- Difficulty with identity change

Reference

Slavens, C., Bodie, C., Jackson, J., Rubenzer, A., & Schneider, A. (2023). *Not your mother's postpartum book: Normalizing post-baby mental health struggles, navigating #momlife, and finding strength amid the chaos*. PESI Publishing, Inc.