

Maternal Depression

Statistics





What is maternal depression?

- Maternal depression is a term used to describe a wide range of conditions that affect women during and after pregnancy.
 - May include prenatal depression, postpartum depression, baby blues, postpartum psychosis



Prenatal Depression

- Occurs during pregnancy
- Symptoms may include weeping, sleep problems, fatigue, loss of interest in daily activities, and poor fetal attachment.



Baby Blues

- Begins during first two weeks after delivery
- Symptoms usually resolve on their own by two weeks after delivery
 - Symptoms include crying, sadness, irritability, mood swings, insomnia, feeling overwhelmed



Postpartum Depression

- Develops during the first two to three months after delivery.
- Symptoms include crying, sadness, irritability, difficulty remembering things, loss of interest in caring for oneself, somatic symptoms (headaches, stomachaches, etc.), poor bond with baby, recurrent thoughts of suicide, etc.



Postpartum Psychosis

- Begins within the first year after delivery, but usually begins within 2 to 4 weeks after delivery
- Symptoms include auditory and visual hallucinations, insomnia, paranoia, delirium, mania, delusions and confusion.



Prevalance

- About 16.8% of mothers in the Bole District in Ghana experience some form of maternal depression (Saeed & Wemakor, 2019).



References

Saeed, N., Wemakor, A. Prevalence and determinants of depression in mothers of children under 5 years in Bole District, Ghana. *BMC Res Notes* 12, 373 (2019). <https://doi.org/10.1186/s13104-019-4399->

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