



## POSTPARTUM DEPRESSION

**Gabrielė Brajinskaitė,**  
**Violeta Kamantauskienė** (*supervisor*)  
*Kaunas University of Applied Sciences, Faculty of Medicine*

**Research purpose.** To present Postpartum depression.

**Keywords:** depression, hormonal changes, mental illnesses, postpartum depression, postpartum psychosis, PPD, the fear of hurting the baby

**Research Methodology.** Analysis of scientific literature.

**Results / Findings.** Postpartum depression is a mental health issue that affects parents after a birth of a baby. It happens to both women and men; however, the latter has not had much research done on it. One in seven women suffer from this condition and if left undiagnosed, it is not only she who can be negatively affected, but her family members and the baby as well. Many women may suffer in silence, dismissing their struggles as a normal part of pregnancy and childbirth and fail to seek care. Some of the main signs of postpartum depression include fear of hurting the baby, constant exhaustion, insomnia, self-isolating and risk factors include history of previous mental illnesses, lack of confidence, nerve – racking life events. Postpartum depression as other types of depression can be managed with psychotherapy (talk therapy), medication, lifestyle changes and supportive environment or a combination of these but it is also important to spread awareness while a woman is still pregnant.

**Originality / Practical implications.** Postpartum depression occurs in 10% to 20% of women who have recently given birth, but fewer than half of cases are recognized. For example, in United States, where around 4 million women give birth each year, 6 hundred thousand of them will suffer from postpartum depression and only a small amount of them will ask for help or receive it. Although postpartum depression is a major health issue for many women (and men) from diverse cultures, this condition often remains undiagnosed. It is important for men and women who feel the symptoms of PPD to seek for help because with appropriate treatment, postpartum depression symptoms usually improve. In some cases, postpartum depression can continue, becoming chronic depression. It is important to continue treatment after a person starts to feel better. Stopping treatment too early may lead to a relapse.