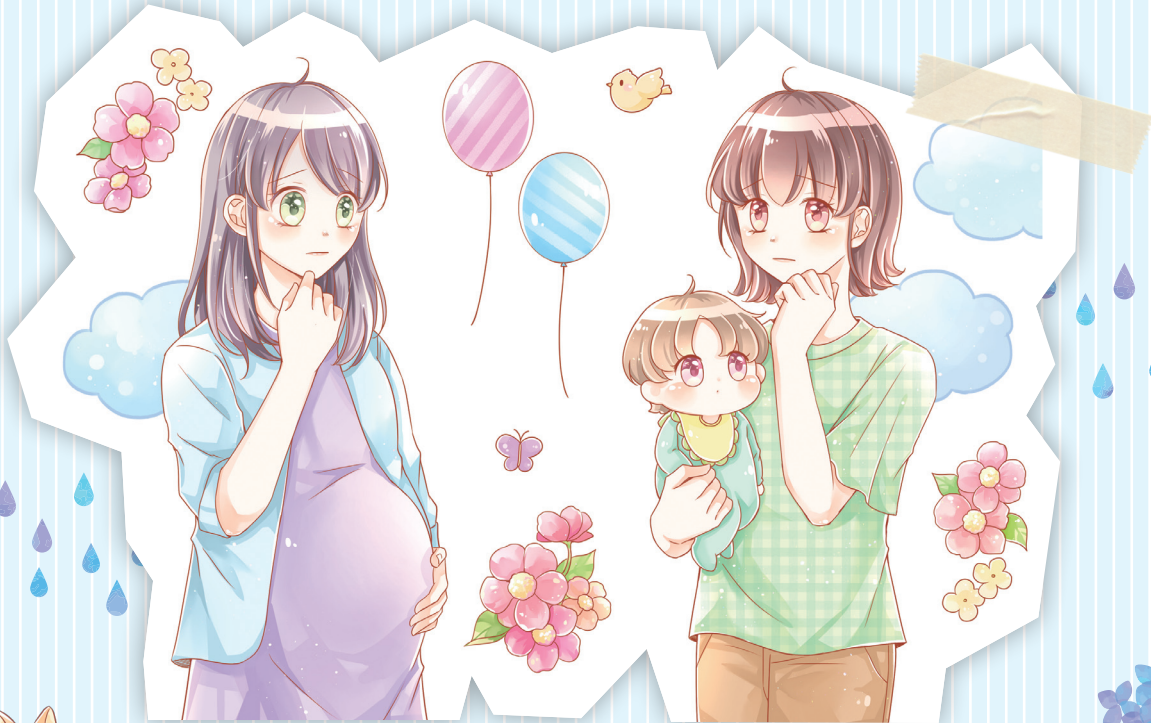




Towards a Happy Pregnancy!



Differences between Prenatal Depression and Postpartum Depression



Prenatal Depression

Time of Occurrence

Usually starts between the middle and late trimester

Risk Factors

Having past depression, family history of depression, limited social and family support, unplanned pregnancy, or teenage pregnancy

Postpartum Depression

Starts with a low mood 10 days after childbirth and usually lasts for more than two weeks

Having past depression, family history of depression, limited social and family support, past prenatal depression, past postpartum depression after first childbirth, marital disharmony





What is Prenatal Depression?



Causes

- ♥ **Discomforts during pregnancy**
Constipation, vomiting, or cramps due to hormonal changes may affect mental health
- ♥ **Anxiety of the unknown**
Worries about parenthood or baby's health
- ♥ **Limited family support**
Unplanned pregnancy, dysfunctional family relationship, unwed pregnancy
- ♥ **A tendency to worry can increase the risk of depression**
- ♥ **Unfriendly treatments towards expectant mothers in the workplace**

Watch out for the symptoms below

- Frequent depressed mood
- Loss of interest in once enjoyed activities
- Trouble sleeping, excessive sleepiness, frequent nightmares
- Anxiety of the uncertainty, self-doubt
- Poor appetite



What is Postpartum Depression?

Causes

- Rapid hormonal changes after giving birth
- Fatigue and sleep deprivation due to child-raising
- Excessive stress of parenting and infant rearing
- Maternal shock during childbirth
- Failing to get postpartum recovery and care
- Stress on dealing with grandparents' suggestions.
- Worries about child-raising during postpartum recovery
- Worries about returning to work and workplace pressure
- Body changes after childbirth

Am I in Postpartum Depression? Watch out for the symptoms below

- ☐ Self-doubt on infant-rearing skills
- ☐ Loss of interest in once enjoyed activities
- ☐ Frequent low mood, sadness, and crying
- ☐ Insomnia, headaches, fatigue, poor appetite
- ☐ Frequent mood changes, extreme anxiety, trouble concentrating, and apathy
- ☐ Extreme fatigue all the time
- ☐ Feelings of worthlessness, self-blame, self-doubt, and guilt
- ☐ Thoughts of death, suicide, or harming babies



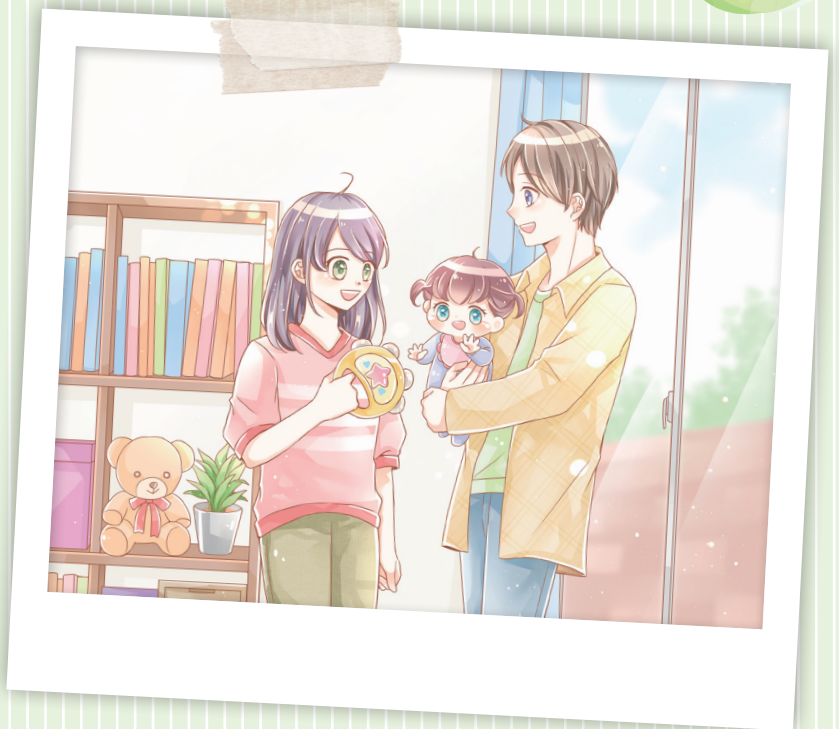
Differences between Postpartum Blues and Postpartum Depression



About 50% to 80% of all new mothers suffer from postpartum blues (also known as "Baby Blues") due to hormonal changes after giving birth.



Those feelings tend to subside under the family's support. However, 10% to 20% of these mothers may later experience postpartum depression.



Postpartum Blues

Prevalence Rate

50~80%

Time of Occurrence

Between 3~10 days after childbirth

Symptoms

Mild conditions of depression, insomnia, and anxiety, which won't affect appetite and stamina, and can be relieved without treatment in two weeks.

Differences

Having a low mood for a few minutes in one day, i.e. having morning irritability, and feeling better in the afternoon.

Danger / Risks

No immediate danger. But one needs to be aware of the risks.

Treatment

Psychotherapy

Postpartum Depression

10~20%

Between 1~6 months after childbirth

Having depression over two weeks, including irritability, insomnia, grumpiness, headaches, fatigue, loss of appetite, a tendency to self-blame, feelings of guilt, trouble concentrating on infant rearing.

Having a low mood all day over two weeks, and can last for a year with a relapse rate of 20% to 30% after second childbirth.

Suicidal risk

Psychotherapy/pharmacotherapy. Breastfeeding mothers with depression should inform and ask their doctors for antidepressants that are safe for breastfeeding.



How to Deal with Depression?

Mothers can use the three methods below when experiencing emotional problems.

1. Make self-assessment with "The Edinburgh Postnatal Depression Scale"

2. Seek support and accompany from family and friends

3. Consult with obstetricians or professional doctors



Take a look at "The Edinburgh Postnatal Depression Scale" below.

Please check off the response that is closest to how you have felt in the past 7 days.

Statement	Response	Response	Response	Response
1. I have been able to laugh and see the funny side of things.	0 As much as I always could	1 Not quite so much now	2 Definitely not so much now	3 Not at all
2. I have looked forward with enjoyment to things.	0 As much as I ever did	1 Rather less than I used to	2 Definitely less than I used to	3 Hardly at all
3. I have blamed myself unnecessarily when things went wrong.	3 Yes, most of the time	2 Yes, some of the time	1 Not very often	0 No, never
4. I have been anxious or worried for no good reason.	3 Yes, very often	2 Yes, sometimes	1 Hardly ever	0 No, not at all
5. I have felt scared or panicked for no good reason.	3 Yes, quite a lot	2 Yes, sometimes	1 No, not much	0 No, not at all
6. Things have been getting on top of me.	3 Yes, most of the time I haven't been able to cope at all	2 Yes, sometimes I haven't been coping as well as usual	1 No, most of the time I have coped quite well.	0 No, I have been coping as well as ever
7. I have been so unhappy that I have had difficulty sleeping.	3 Yes, most of the time	2 Yes, sometimes	1 No, not very often	0 No, not at all
8. I have felt sad or miserable.	3 Yes, most of the time	2 Yes, quite often	1 Not very often	0 No, not at all
9. I have been so unhappy that I have been crying.	3 Yes, most of the time	2 Yes, quite often	1 Only occasionally	0 No, never
10. The thought of harming myself has occurred to me.	3 Yes, quite often	2 Sometimes	1 Hardly ever	0 Never

Total Score

- Less than 9:** Depression not likely. You have great mental health. Please continue to maintain.
- 10~12:** Depression possible. You are likely to have emotional problems. Please speak more with your loved ones and seek professional assistance if needed.
- 13 and above:** You have a fairly high possibility of depression and should seek diagnostic assessment and treatment from professional doctors.



Find more support here!

Take the best care of yourselves!



Counseling Lines:

1. 24-Hour Suicide Prevention Hotline 1925 (Mandarin/English)
2. Pregnancy Care Hotline 0800-870-870
(Mandarin/English/Indonesian/Vietnamese)



Professionals:

1. Community Mental Health Center
2. Psychological/Counseling Clinics
3. Gynecology and Obstetrics/Mental Health/Psychiatric Clinics

