



Community Medicine (0505205)

Second Year Medical Students/ First semester 2020/2021

Maternal and Child Health (MCH)/ Maternal Morbidities (postpartum depression).



Read the paper entitled “*Postpartum depression*” and answer the following questions.

1. What are the common symptoms of the postpartum blues?
2. What is the definition of postpartum depression (PPD)?
3. Why is it challenging to diagnose PPD?
4. What is the optimal time to screen for PPD?
5. What are the infant and child outcomes associated with PPD?
6. What does Interpersonal psychotherapy (IPT) involve?

Note: You are not required to submit an assignment regarding the answers to these questions. However, the article is an exam required material.

Answers

1. Common symptoms include mood swings, mild elation, irritability, tearfulness, fatigue, and confusion.
2. PPD is defined strictly in the psychiatric nomenclature as a major depressive disorder (MDD) with a specifier of postpartum onset within 1 month after childbirth.
3. The diagnosis of PPD is challenging because of changes in sleep patterns, changes in appetite, and excessive fatigue being routine for women after delivery.
4. The optimal time to screen for PPD is between 2 weeks and 6 months after deliver
5. Infant and child outcomes that are associated with PPD include a higher incidence of excessive infant crying or colic, sleep problems, and temperamental difficulties
6. Interpersonal psychotherapy (IPT), a short-term efficacious treatment for MDD that addresses interpersonal issues (such as role change, the marital relationship, social support, and life stressors) is highly pertinent to the needs of women during the postpartum period.