Screenings like the (MSPSS and GSE) can be used during prenatal and postnatal visits to help
- Lessen the effects of PPD
- Recognize lack of social support
- Prevent or delay onset of PPD

Other treatments can help to lessen symptoms of PPD

**Placenta Encapsulation**—Pills made from the mother’s placenta after birth. Ingesting the placenta may provide
- increased milk production
- hormone regulation
- prevention of postpartum depression.

**Social Support and Self-Efficacy**—There has been evidence correlating postpartum depression and lack of social support or self-efficacy.

Interventions to prevent PPD due to low social support and low self-efficacy include
- Psychotherapy
- Group therapy
- Respite care nurseries
- Community resources

Postpartum blues are classified as mood swings, mild elation, irritability, tearfulness, fatigue, and confusion.

The American Psychiatric Association has defined Postpartum Depression (PPD) as, “a major depressive disorder (MDD) with a specifier of postpartum onset within 1 month after childbirth”.

Postpartum depression (PPD) has been reported as one of the most common complications of childbirth, occurring in approximately 10-15% of mothers during the postpartum period.

“Postpartum blues or ‘Baby Blues’ have been reported to occur in 15-85% of women within the first 10 days after giving birth.”

Treatment options for PPD include psychotherapy, antidepressants, inpatient treatments, and non-medicinal and holistic treatments.

### Patient Health Questionnaire (PHQ-9)
- 10 Questions
- Score describes severity of depression
- Score of 10 or greater indicates possible depression

### Edinburgh Postnatal Depression Scale
- 10 Questions
- Screens for PPD
- Score of 10 or greater indicates possible depression

### Postpartum Depression Screening Scale
- 7 Questions (initial screening)
- ≥ 60 minor to major depression
- 28 Follow-up Questions
- ≥ 80 high possibility of major PPD

### Center for Epidemiologic Studies Depression Scale
- 20 Questions
- Score ≥16 Indicate possible PPD
- High sensitivity and specificity

### Antidepressant Treatments
- Common classes of antidepressants used to treat PPD include
  - Serotonin Reuptake Inhibitors
  - Tricyclic Antidepressants

### Non-medicinal Treatments
- Group therapy
- Bibliotherapy
- Music therapy
- Exercise
- Nutritional supplements
- Acupuncture
- Light therapy

### Antidepressants and Breastfeeding
Some antidepressants have been known to transfer to a infant through a mothers breastmilk.

Antidepressant use in mothers who are breastfeeding should be used under the direction of a physician.

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