



Common Mood Problems After Birth

POSTPARTUM BLUES or BABY BLUES	POSTPARTUM DEPRESSION (Specific type of Major Depression)	MAJOR DEPRESSION
<p>Description:</p> <ul style="list-style-type: none"> • Mild mood shift • Occurs 3-7 days after giving birth • Symptoms last less than 2 weeks <p>Symptoms:</p> <ul style="list-style-type: none"> • Mood disturbances <ul style="list-style-type: none"> - Tearfulness - Anxiety - Sadness - Irritability - Emotional ups and downs • Poor appetite • Fatigue • Headaches • Sleep disturbances/insomnia • Low self-esteem • Negative feelings about family members (including the baby) • Miss being pregnant <p>How common is it?</p> <ul style="list-style-type: none"> • After giving birth, 3 to 8 out of 10 women will have postpartum blues <p>What to do:</p> <ul style="list-style-type: none"> • Get help and support from family members, friends, and other mothers • Try to do pleasant activities • If symptoms worsen or persist beyond 2 weeks, see your doctor 	<p>Description:</p> <ul style="list-style-type: none"> • Serious mood disorder • Occurs after pregnancy—up to 4 weeks after giving birth • Symptoms last more than 2 weeks <p>Symptoms:</p> <ul style="list-style-type: none"> • Similar symptoms as in “Baby Blues” but lasting longer • 5 or more of the symptoms listed under “Major Depression” <p>How common is it?</p> <ul style="list-style-type: none"> • After giving birth, 1 to 2 out of 10 women will have this type of depression <p>What to do:</p> <ul style="list-style-type: none"> • See a doctor, nurse, therapist, or counselor as soon as possible • Get help and support from family members, friends, and other new mothers • Try to do pleasant activities 	<p>Description:</p> <ul style="list-style-type: none"> • Serious mood disorder • Can happen at any point in our lives • Symptoms last more than 2 weeks <p>Symptoms: <i>(5 or more of these 9 symptoms)</i></p> <ul style="list-style-type: none"> • Feel depressed nearly every day • Loss of interest or pleasure in activities • Significant change in appetite • Change in sleep (too much/ too little) • Change in the way you move (restless or slowed down) • Constantly tired, fatigued • Feelings of worthlessness or excessive guilt • Hard to concentrate or make decisions • Repeated thoughts of death or suicide <p>How common is it?</p> <ul style="list-style-type: none"> • In a group of 10 women, 1 to 3 will suffer from major depression sometime during her life <p>What to do:</p> <ul style="list-style-type: none"> • See a doctor, nurse, therapist, or counselor as soon as possible • If your symptoms get serious enough that you are afraid you might hurt yourself, you may need to stay in the hospital until these symptoms are treated • Get support from others