



Community Medicine (0505205)

Second Year Medical Students/ First semester 2021/2022

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?

Mood swings, mild elation, irritability, tearfulness, fatigue, and confusion.

2. What is the definition of postpartum depression (PPD)?

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. Why is it challenging to diagnose PPD?

Because of changes in sleep patterns, changes in appetite, and excessive fatigue being routine for women after delivery.

4. What is the optimal time to screen for PPD?

The optimal time to screen for PPD is between 2 weeks and 6 months after delivery

5. What are the infant and child outcomes associated with PPD?

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. What does Interpersonal psychotherapy (IPT) involve?

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.

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