



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?
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?

1. What are the common symptoms of the postpartum blues?

Common symptoms include:

- mood swings ارتفاع خفيف في المزاج mild elation - تقلبات المزاج
- irritability الانفعال - Tearfulness البكاء
- Fatigue التعب - confusion الارتباك

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.

يعرف اكتئاب ما بعد الولادة في مصطلحات الطب النفسية كاضطراب اكتئاب رئيسي مع مُحَدِّد يشير إلى بدايته في فترة ما بعد الولادة خلال شهر واحد

3. Why is it challenging to diagnose PPD?

The diagnosis of PPD is challenging because of changes in sleep patterns, changes in appetite, and excessive fatigue being routine for women after delivery

يعتبر تشخيص إكتئاب ما بعد الولادة تحديًا بسبب التغييرات في أنماط النوم، وتغييرات في الشهية، والتعب الزائد الذي يكون روتينيًا بعد الولادة لدى النساء

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.

. الوقت الأمثل للفحص عن اكتئاب ما بعد الولادة هو بين 2 أسبوع و6 شهور بعد الولادة.

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

Infant and child outcomes that are associated with PPD include

- 1.Excessive Infant Crying or Colic
2. Sleep Problems
- . 3. Temperamental Difficulties
4. Infant Regulation Difficulties:
5. Negative Mother-Infant Interactions
- 6.Breastfeeding Issues:
7. Poor Cognitive Functioning, Behavioral Inhibition, and Emotional Maladjustment
8. Association with Externalizing Disorders
9. Psychiatric and Medical Disorders in Adolescence

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.

العلاج النفسي التفاعلي، وهو علاج فعال على المدى القصير لاضطراب الاكتئاب الكبير، الذي يتناول القضايا البيئية مثل تغيير الأدوار، والعلاقة الزوجية، والدعم الاجتماعي، وعوامل الضغط في الحياة، يكون ذا صلة كبيرة بحاجات النساء خلال فترة ما بعد الولادة

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