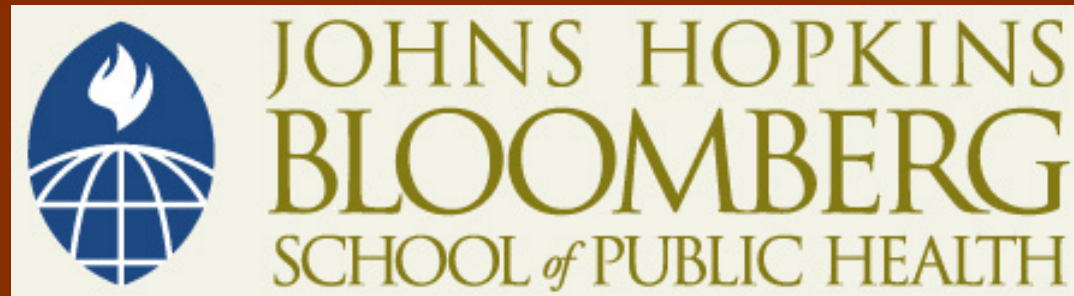


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Section B

Perinatal Depression

Perinatal Depression

- Depression occurring during pregnancy
- Depression occurring during the first year postpartum
 - Sometimes referred to as postpartum depression
- Differs from a major depressive episode
 - Timing
 - Triggers/causes
 - Presenting symptoms?

Prevalence Studies

- During pregnancy
 - Point prevalence rates of 3.1% to 4.9%
 - Incidence rates up to 7.5%
- Postpartum
 - Point prevalence rates of around 10%
 - Incidence rates up to 6.5% in the first three months

Perinatal Depression

- High rates
 - Asia: 20% in India study; 28% in Pakistan study
 - Africa: 10.7% in Nigerian study
 - Cross-national study found highest rates in Guyana and Taiwan, lowest in Sweden and Australia
- Different attributional causes
 - India study found that poor marital relations, economic difficulties, and the stress of gender preference factors associated with depression
- Contributes to increased rates of infant illness and growth impairment

Perinatal Depression

- Evidence that perinatal depression contributes to increased rates of
 - Growth impairment
 - Infant illness



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Risk Factors

- History of psychopathology (especially depression)
- Low social support/single parent
- Poor marital relationships
- Recent negative life events
- Disappointment (self/spouse) with sex of child (in some cultures)
- Unplanned/unwanted pregnancy