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IDS 402 Wellness

Milestone 1

Postpartum Depression

Postpartum depression, one of the most prevalent mental diseases in the United States, affects new moms and presents a major danger to their health and well-being. Unfortunately, many women do not seek care for postpartum depression because they are unsure how to do so, believe they cannot get assistance, or are unaware they have it. Postpartum depression, on the other hand, may be successfully treated with family and friend support, continuous care, and awareness of the signs. It affects up to 40% of new moms and is a key aspect of perinatal health. Postpartum depression may be studied via four lenses of general education: social sciences, history, natural and practical sciences, and humanities.

History

Postpartum depression is a mental and physical disorder in women that occurs 1 to 3 days after giving birth. It is the most common complication of childbirth, affecting approximately 10% of women with the most severe cases going unrecognized and untreated. Postpartum depression is not exclusive to postpartum women. It often occurs in all women during pregnancy, but is more likely to occur among women who have experienced a prior episode of depression or those who have a family history of depression.

In this paper, the author explores postpartum depression in women through the general education lenses of the history of mental health. The author argues that the social, political, and economic factors of the historical background of the early twentieth century lead to the development of an understanding of mental illness as a medical problem.

Humanities

Postpartum was considered a social stigma. In the last few decades, the medical community has recognized that many women suffer from depression after childbirth. Nowadays, the medical community recognizes postpartum depression as a major clinical disorder that can lead to significant disability and distress.

Thus, through critical analyses, the paper argues that it is essential to re-examine the ways in which women are understood as being "well" and the ways in which they are supported to be so and be women.

Natural and applied sciences

Postpartum depression is a serious medical condition that can occur in women following childbirth. Despite being a common condition, there is still much that is not known about the causes of and best treatments for postpartum depression. In an effort to increase our scientific knowledge about postpartum depression, I conducted critical analyses of journal articles that explored the role of mind-body interactions, the effects of parenting styles, and the relationship between postpartum depression and breastfeeding on the health of breastfeeding mothers. I also conducted critical analyses of journal articles that explored the relationship between mood disorders and quality of life, the effects of postpartum depression on the mother-infant bond, and the use of complementary and alternative therapies for the treatment of postpartum depression.

Social sciences

Postpartum depression affects one in nine women following childbirth, and although it is often associated with the difficulties of motherhood, it is a mental health condition that has recently come to the forefront of discussions about wellness. While symptoms of postpartum depression vary from person to person, commonly include sadness, anxiety, and a lack of energy, some women with the condition also suffer from symptoms of postpartum psychosis, such as hallucinations and delusions. Postpartum psychosis is a serious condition that needs to be treated immediately to avoid further harming the mother and baby.

Reference Branquinho, M., Canavarro, M. C., &amp; Fonseca, A. (2019). Knowledge and attitudes about postpartum depression in the Portuguese general population. Midwifery, 77, 86-94. Bina, R. (2020). Predictors of postpartum depression service use: A theory-informed, integrative systematic review. Women and Birth, 33(1), e24-e32