

# Preventing Postpartum Mood Disorders in High-Risk Women

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**A Parent Connection**

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Does it have  
to be as hard  
the next time  
around?





# Risk Factors

Women with previous pregnancy-related depressive episodes are at a 50% to 62% increased risk of recurrent episodes with subsequent pregnancies

Llewellyn AM, Stowe ZN, Nemeroff CB. Depression during pregnancy and the puerperium. *J Clin Psychiatry*. 1997;58(suppl 15):26-32.

Individual or family **HISTORY OF DEPRESSION OR ANXIETY** is one of the greatest risk factors, with anywhere from 25-55% of mothers suffering from PPD reporting that their symptoms began during pregnancy.

Dietz, Patricia M., Selvi B. Williams, William M. Callaghan, Donald J. Bachman, Evelyn P. Whitlock, and Mark C. Hornbrook. "Clinically Identified Maternal Depression Before, During, and After Pregnancies Ending in Live Births." *American Journal of Psychiatry*. 2007; 164(10): 1515-20.

There was a strong-moderate relationship between experiencing a **LIFE EVENT**(death of a loved one, relationship breakdowns or divorce, losing a job or moving home) and developing postpartum depression.

O'Hara, M. W. & Swain, A. M. (1996). Rates and risk of postpartum depression-a meta-analysis. *International Review of Psychiatry*, 8, 37-54.

# Studies have consistently shown a negative correlation between postpartum depression and **EMOTIONAL AND INSTRUMENTAL SUPPORT.**

Beck, C. T. (2002). Postpartum depression: a metasynthesis. *Qualitative Health Research, 12*, 453-472.

Menaghann, E. G. (1990). Social stress and individual distress. *Res Community Ment Health, 6*, 107-141.

Richman, J. A., Raskin, V. D., & Gaines, C. (1991). Gender roles, social support, and postpartum depressive symptomatology. The benefits of caring. *J.Nerv.Ment.Dis., 179*, 139-147.

Seguin, L., Potvin, L., St Denis, M., & Loiselle, J. (1999). Depressive symptoms in the late postpartum among low socioeconomic status women. *Birth, 26*, 157-163.

# Perceived **SOCIAL ISOLATION** is a strong risk factor for depressive symptoms postpartum.

Forman, D. N., Videbech, P., Hedegaard, M., Salvig, J. D., & Secher, N. J. (2000). Postpartum depression: identification of women at risk. *British Journal of Obstetrics & Gynaecology*, *107*, 1210-1217.

Seguin, L., Potvin, L., St Denis, M., & Loiselle, J. (1999). Depressive symptoms in the late postpartum among low socioeconomic status women. *Birth*, *26*, 157-163.

Previous  
postpartum  
depression

Depression/  
anxiety during  
pregnancy

Previous  
history of  
depression

Stressful  
recent life  
events

Lack of social  
support

## Strong to Moderate Risk Factors

High levels of  
childcare  
stress

Low self-  
esteem

Maladaptive  
coping skills

Difficult infant  
temperament

## Moderate Risk Factors

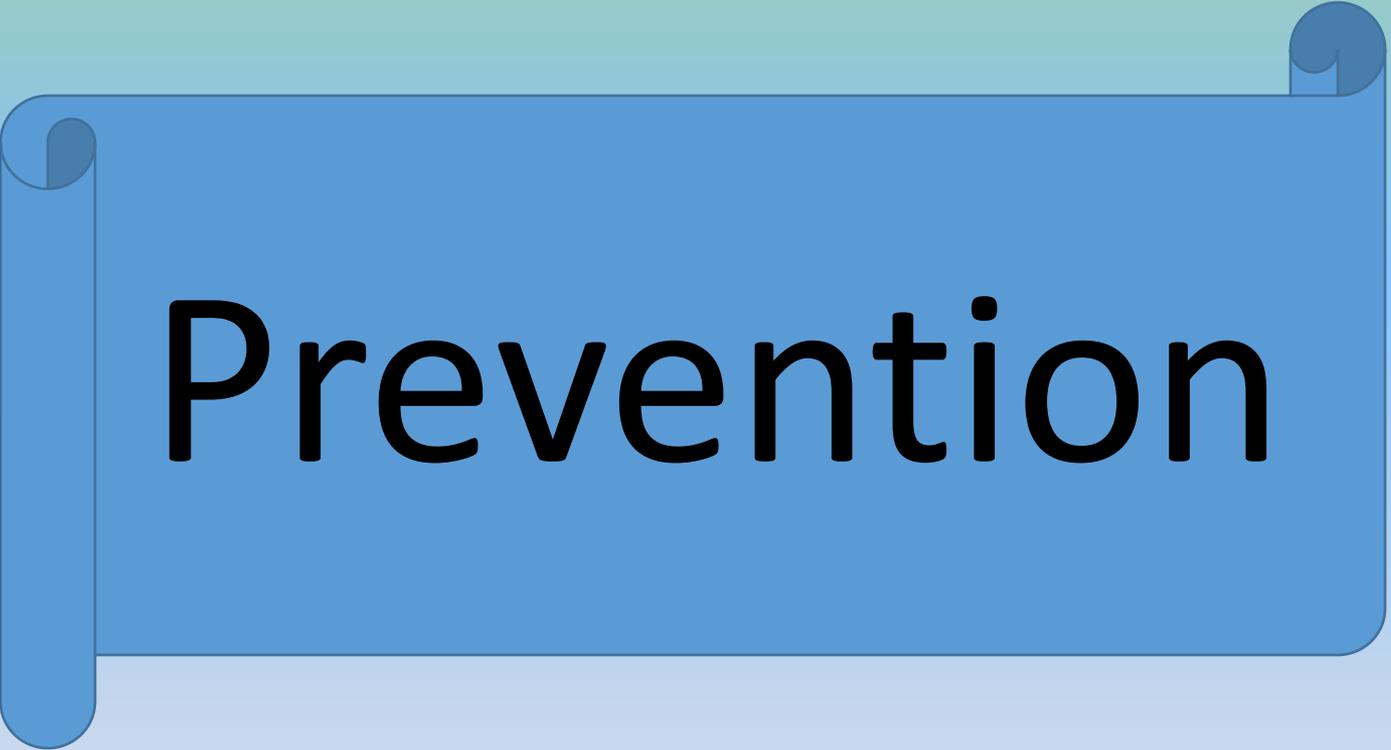
Obstetric and  
pregnancy  
complications

Negative  
cognitive  
attributions

Quality of  
relationship  
with partner

Socioeconomic  
status

## Small Risk Factors

A blue scroll graphic with a white border and rounded corners. The scroll is unrolled, showing the word "Prevention" in a large, black, sans-serif font. The scroll has a vertical strip on the left side and a small circular tab on the top right corner.

Prevention

# General Questions

What were the biggest challenges last time?

Which people were most supportive?

What did you do that helped you feel better last time?

What can you ask others to do for you this time?

What do you hope you can do for yourself this time?

What advice do you want to give other pregnant women now?

## WHAT DID I LEARN THE FIRST TIME AROUND?

- ❖ What were the biggest challenges after the birth of my other child(ren)?
- ❖ What did I do that helped me feel better postpartum?
- ❖ Which people were most supportive to me and my baby?
- ❖ What do I hope I can do for myself after this baby is born?
- ❖ What can I ask other people to do for me?
- ❖ What advice do I want to give other pregnant women?

Previous  
postpartum  
depression

Depression/  
anxiety during  
pregnancy

Previous  
history of  
depression

Strong to Moderate Risk Factors

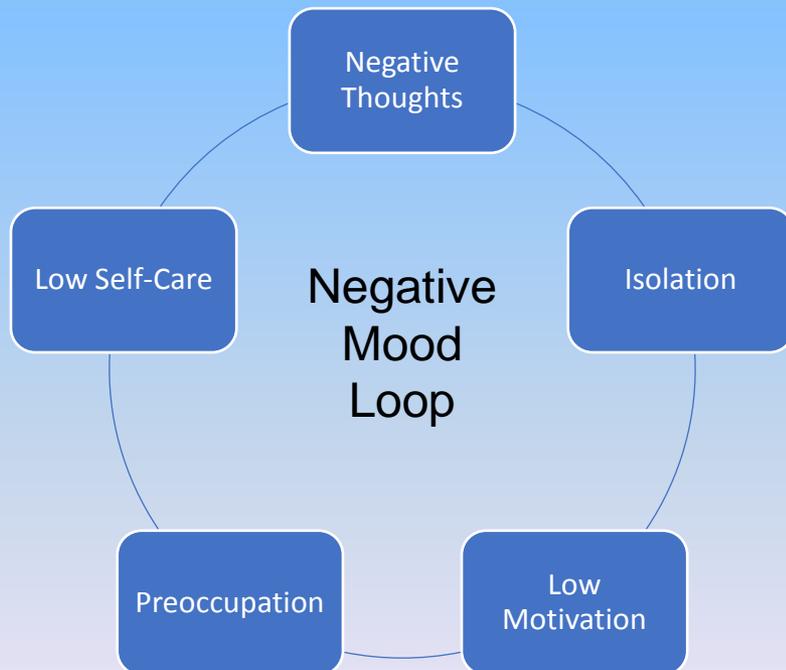
- Therapy
- Medication
- Relaxation techniques
- Social connection
- Exercise
- Yoga
- Non-traditional medicine

# MANAGING MY DEPRESSION AND/OR ANXIETY

Women who have a history of depression/anxiety, prenatal depression/anxiety or postpartum depression/anxiety, are at risk of experiencing depression/anxiety after their next baby is born. Depression and anxiety feed off each other like a snowball, growing bigger as time goes on.

However, the snowball can roll the other way, gathering positive momentum too. The hardest part is usually getting the snowball to stop rolling in the wrong direction, to go against what depression and anxiety want you to do and start doing things that will quiet the negativity or the worry.

Which of the Positive Mood Loop activities can you bring into your life, one day at a time?



Stressful  
recent life  
events

Strong to Moderate Risk Factors

- Recognize the impact of stress
- Stress release
- Therapy
- Process grief/loss
- Social support
- Solutions to the stressful circumstances

How is  
stress  
impacting  
my life?

What is my favorite way to release  
stress?

- ❖ Walk and talk with a friend
- ❖ Dance around the house
- ❖ Write in my journal
- ❖ Get lost in a project
- ❖ Yell, cry, hit pillows
- ❖ Work with a therapist
- ❖ Be outside
- ❖ Relaxation/meditation
- ❖ Yoga/Run/Hike/Bike/ \_\_\_\_\_
- ❖
- ❖
- ❖
- ❖

## INFORMATIONAL SUPPORT

- Prenatal health
- Childbirth education
- Infant care
- Breastfeeding counseling
- Sleep
- Postpartum Health

## *INSTRUMENTAL SUPPORT*

- Care for other children
- Household chores
- Physical support for sleep
- Physical support for self-care

## *EMOTIONAL SUPPORT*

- Listening
- Spending time
- Reassurance
- Camaraderie

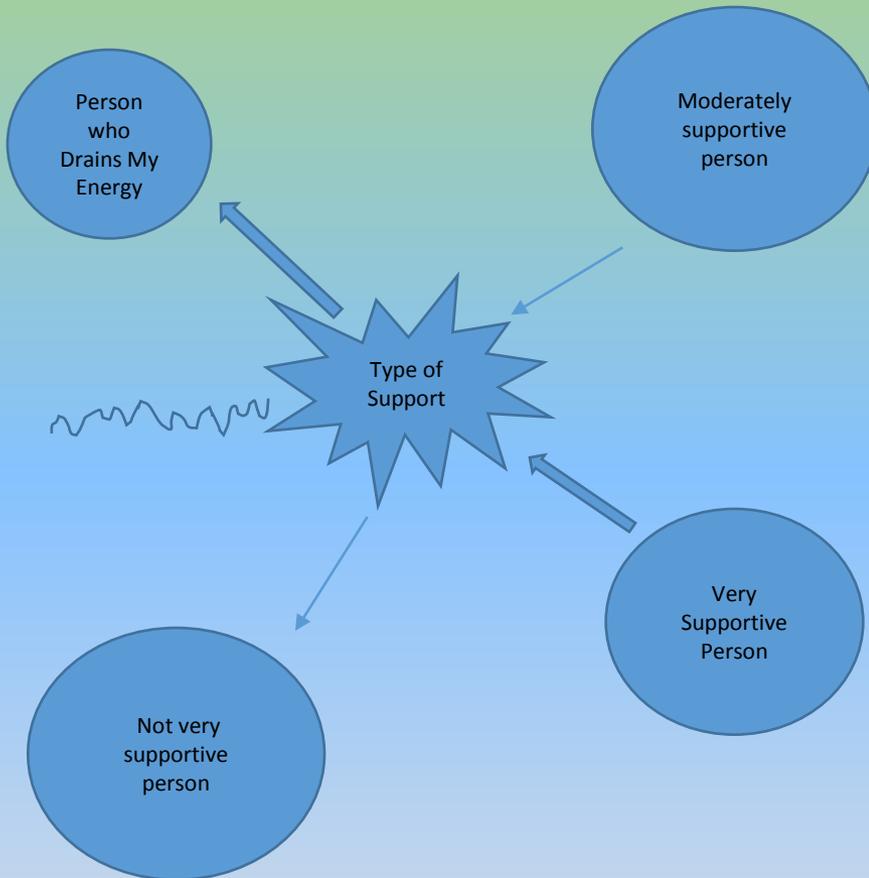
Lack of  
social  
support

Strong to Moderate Risk Factors

- Review the strength of her current social support system
- Decide what support she needs and make a list of potential resources for each area
- Highlight ways she has bolstered her support system in the past

# Social Support

Looking at the various support needs you have. Create a diagram for each need, using the circles and lines to help you see who supports you, who needs your support and what areas of your life do you need to find more resources.



**Types of Support:**

- Emotional
- Practical
- Informational/Guidance

(You can also focus on other types of support that are important to you, i.e.: spiritual, financial, self-care, etc.)

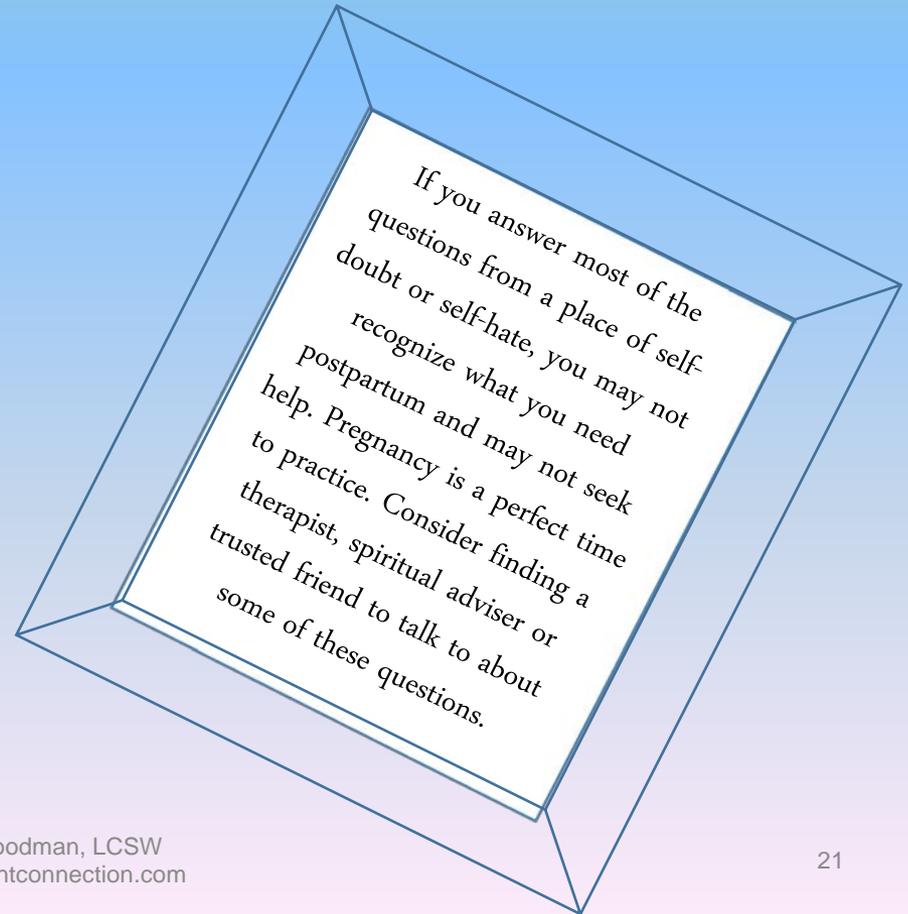
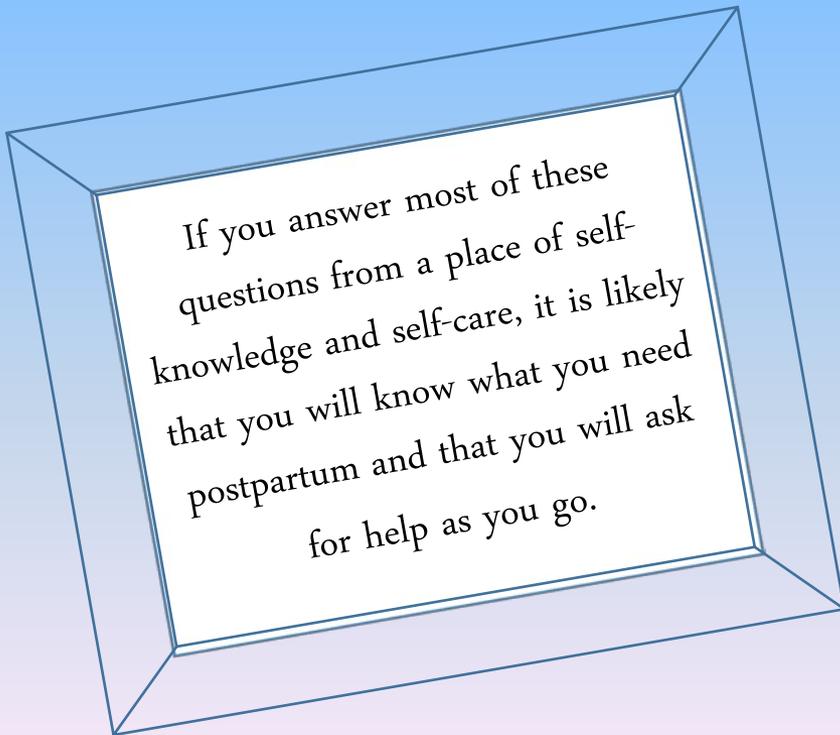
- Key:**
- Strong Support (pointing toward the circle)
  - Moderate Support (pointing toward the circle)
  - Strong Lack of Support or Drain on Energy (pointing away from circle)
  - Moderate Lack of Support or Drain on Energy (pointing away from circle)
  - No Support/Area that needs support



- ❖ Assessment of these issues in a woman's life via conversation is important when creating a prevention plan
- ❖ Many of these are long-term issues that need long-term solutions
- ❖ Fears of what might happen with the birth, the baby or postpartum need to be addressed while pregnant

# Resilience

- ❖ How do I feel about myself as a mother?
- ❖ How prepared do I feel to have another baby?
- ❖ How good am I at asking for help?
- ❖ How important is my own self-care to me?
- ❖ How can I tell when I feel depressed or anxious?
- ❖ Are other people in control of my life or am I?



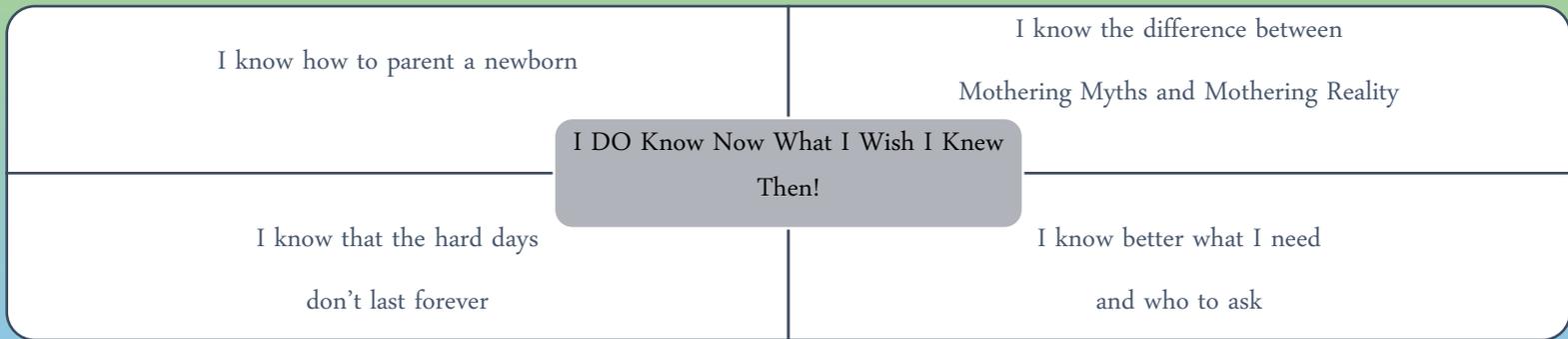
I know how to parent a newborn

I know the difference between  
Mothering Myths and  
Mothering Reality

I DO Know Now  
What I Wish I  
Knew Then!

I know that the hard days  
don't last forever

I know better what I need  
and who to ask



### My New and Realistic Expectations for after this baby is born

- ❖ I will prioritize sleep over getting things done for the first 6 weeks.
- ❖ I will invite people over who I know will help me rather than people I will feel obligated to entertain.

- ❖
- ❖
- ❖
- ❖
- ❖
- ❖
- ❖

# Q&A

What other resources do you need to help women at risk develop prevention plans?

What role do you see yourself playing in helping women create prevention plans?

What new information do you have that will support you in your practice to help develop prevention plans?



Thank you!