

When Baby Blues Don't Go Away Postpartum depression (PPD) FAQs

What is Postpartum depression (PPD)? PPD can happen a few days or months after childbirth. It may not start until after a woman stops breastfeeding. It can happen after the birth of any child. Up to twenty percent of new mothers experience PPD.

Signs of PPD include:

- Poor sleep and/or being very tired
- Issues focusing, remembering, making decisions
- No interest/pleasure in activities
- Afraid of hurting you or the baby
- Not being able to eat and weight loss, overeating and weight gain
- Feeling restless, irritable, worthless, guilty, depressed, sad or crying a lot
- Overly worried about the baby or not having any interest in the baby
- Headaches, chest pains, heart palpitations, numbness, or hyperventilation

How is PPD treated?

PPD is a medical illness treated with both medication and counseling. Some women find it helpful to attend a support group to talk with others going through the same thing.

If you think you have PPD, what should you do?

- **If you have been thinking about hurting yourself or your baby, contact your health care provider right away or call 911.**
- Talk to your health care provider. A new mom can experience guilt about feeling depressed. These feelings are not your fault. Having these feelings and reaching out for help are not a sign of weakness or failure as a mother.
- If you are having any feelings of depression or sadness that do not go away after a few days, call your health care provider.
- Take the **Edinburgh Postnatal Depression Scale** below. Circle the answer that most closely matches how you have felt in the last 7 days. Once done, add together the number of points and compare your results to the score interpretation.

<p>1. I have been able to laugh and see the funny side of things</p> <p>(0) As much as I always could (1) Not quite so much now (2) Definitely not so much now (3) Not at all</p> <p>2. I have looked forward with enjoyment to things</p> <p>(0) As much as I ever did (1) Rather less than I used to (2) Definitely less than I used to (3) Hardly at all</p> <p>3. I have blamed myself unnecessarily when things went wrong</p> <p>(0) No, never (1) Not very often (2) Yes, some of the time (3) Yes, most of the time</p>	<p>4. I have been anxious or worried for no good reason</p> <p>(0) No, not at all (1) Hardly ever (2) Yes, sometimes (3) Yes, very often</p> <p>5. I have felt scared or panicky for no good reason</p> <p>(0) No, not at all (1) No, not much (2) Yes, sometimes (3) Yes, quite a lot</p> <p>6. Things have been getting on top of me</p> <p>(0) No, I've been coping as well as ever (1) No, most of the time I've coped quite well (2) Yes, sometimes I haven't been coping as well as usual (3) Yes, most of the time I haven't been able to cope</p>	<p>7. I have been so unhappy; I have had difficulty sleeping</p> <p>(0) No, not at all (1) Not very often (2) Yes, sometimes (3) Yes, most of the time</p> <p>8. I have felt sad and miserable</p> <p>(0) No, not at all (1) Not very often (2) Yes, sometimes (3) Yes, most of the time</p> <p>9. I have been so unhappy that I have been crying</p> <p>(0) No, never (1) Only occasionally (2) Yes, quite often (3) Yes, most of the time</p> <p>10. The thought of harming myself has occurred to me</p> <p>(0) Never (1) Hardly ever (2) Sometimes (3) Yes, quite often</p>
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Score Interpretation

- 1-10 No further screening required
- 11-14 Repeat test in 2 weeks
- 15+ Contact your health care provider or call the number on the back of your ID card.

We can help you set up your first visit. Call the mental health services phone number on your health insurance card.

Resources:

National Women's Health Information Center
<http://www.4woman.org>
 1-800-994-WOMAN (9662)
 Postpartum Support International

The text in this brochure is not meant to provide medical advice, other health services, replace professional advice or imply coverage of specific clinical services or products. The information is for educational purposes only. Consult your healthcare provider concerning your specific health needs. Check with your health plan regarding your coverage. The information contained in this brochure is partially duplicated from: *Frequently Asked Questions about Postpartum Depression* (The National Women's Health Information Center, February 2016) . he Edinburgh Post Natal Depression Scale. J.L Cox, J.M. Holden, R. Sagovsky, Department of Psychiatry, University of Edinburgh.