

1) **Formal screening** for depression using 2 pt questionnaire

2) To **offer simple solutions** and **redirection of thoughts** gives **confidence**, averts fear of visiting psychiatrist and complications like postpartum depression.

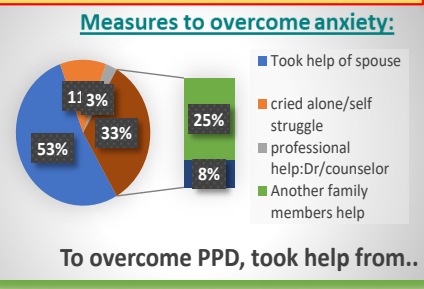
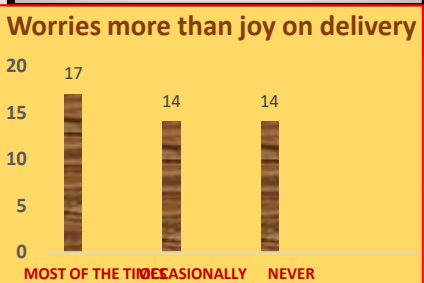
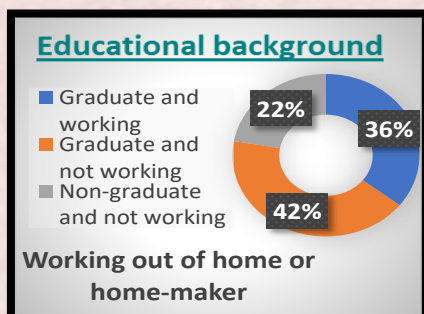
3) **Counseling family members** if necessary, by a professional.

Acknowledging mental health is also an extension of the respectful maternity care **REF:** Manyata, the FOGSI Government of India initiative; that has now included the same as the golden seventeenth standard after the earlier 16 clinical standards.

## Aim:

To study the incidence of postpartum depression and to develop strategies to manage (prevent as well as treat) the condition through anticipation by scoring tools during antenatal period itself.

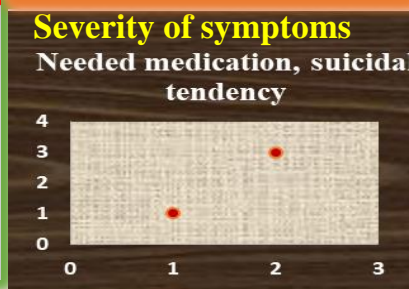
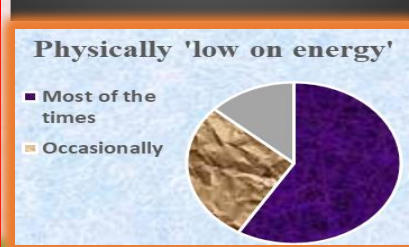
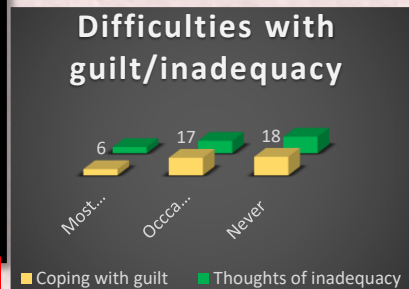
## Observations:



## Material and Methods:

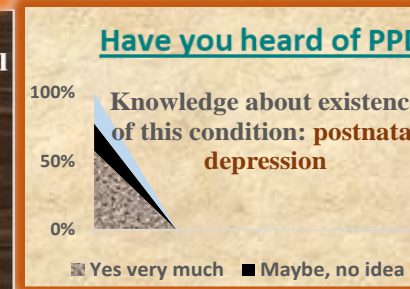
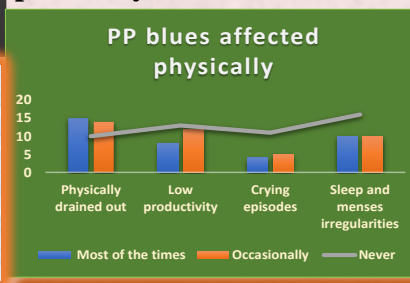
A prospective study was conducted amongst **45 postpartum women whose infants were 6 months to 15 months old, randomly selected**, from those who had delivered in private nursing home and a corporation hospital in Navi Mumbai in the period **1<sup>st</sup>. August 2023 till 30<sup>th</sup> May 2024**

After a personal one on one, informed **consent** about their approval for participation in the study, a **questionnaire** based on the mental health of women in the postpartum period, their knowledge and impact about the same was recorded. The questionnaire **included ten relevant parameters** such as →



**Edinburgh Postnatal Depression Scale (EPDS)**

As mentioned, only 2 questions with weighted score **>3**, considered as high risk as per Manyata selection



Sr. No.	Parameters	Graduate + working	Graduate + not working	Non-graduate + home-maker
1	Their educational status and working women Vs home-makers	Graduate + working	Graduate + not working	Non-graduate + home-maker
2	Their joy on being a mother Vis-a-vis associated worries	Most of the times	Occasionally	Never
3	The toll of physical exertion and energy drained due to breast feeding, resuming work, multitasking.	Most of the times	Occasionally	Never
4	The severity of impact in terms of anxiety induced acidity, decreased interest in work, singularly suffer with crying, irregular menstruation, etc.	Most of the times	Occasionally	Never
5	Sharing emotional stress with spouse, friend, mother, mother-in-law	Partner	Family-member	Friend
6	Their experience with mood swings, on-going psychiatric medication, similar episodes in the past	First time during pregnancy	On-going medication regularly	Known case, defaulter of medication
7	Need for medication in case of persistent symptoms, ideas of self-harm/suicide	Most of the times	Occasionally	Never
8	Their knowledge about whether such a condition actually exists	Yes, very much	No idea	Nothing like that actually
9	Their suggestions to minimise the impact and severity of postpartum depression	Family support	Professional help (Dr./Counselor)	Health education of patient and family during ANC to derive max support

**Health Problems : Screening for PMH**

**1 For Depression : Ask two questions**  
Over the last 2 weeks, how often have you been bothered by

- Little interest or pleasure in doing things
- Feeling down, depressed or hopeless

**2 For Anxiety : Ask two questions**  
Over the last 2 weeks, how often have you been bothered by

- Felt nervous, anxious or on edge.
- Not being able to stop or control worrying.

**3 Screening for PMH**  
**Ask about Self harm**

Over the past two weeks, have you been bothered by the thoughts that you would be better off dead or of hurting your self in some way

**Counselling for self-care for Perinatal mental well-being**

**Simple ways to enhance Mental Health in Pregnancy**

- Eat **healthy**, regular and nutritious **meals**
- Keep yourself **active** as much as possible.
- Do small household chores which are not very strenuous
- Get **help from spouse, family**, friends or neighbors in managing daily chores or taking care of an older child
- Talk to other pregnant women** in your village who may be having a similar experience to you.
- Think and dream about your coming baby** and talk to your baby inside the belly while you caress your belly.
- Engage in **positive thoughts** about the baby that will help in mother-baby bonding.

Actress and author Mandira Bedi is someone who has always broken stereotypes and been vocal about her thoughts. So, when the actress suffered from pangs of PPD after giving birth to her child in 2011, Vir, she knew she had to talk about it in the open.

**References:** 1) Manyata, FOGSI guidelines 2) **Prevalence of postpartum depression and interventions utilized for its management** Reindolf Anokye, Enoch Acheampong et al *Annals of General Psychiatry* volume 17, Article number: 18 (2018) 3) Screening tools for postpartum depression by C Zubaran, Roxo et School of Medicine, University of Western Sydney, Australia Dept of Psychiatry, Brazil

