

# Postpartum Depression

Narelle Evans and Theo Gross

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UMB CURE Scholars Program, Baltimore, MD

Marlene and Stewart Greenebaum Cancer Center, University of Maryland, Baltimore

## Introduction

Postpartum depression (PPD) is a mood disorder that can affect women after giving birth. This poster will explore the causes, symptoms, and treatments of PPD.

## Background

Postpartum Depression (PPD) is a depression that occurs after giving birth to a baby. PPD can affect people in different ways depending on who you are. Around **one in eight women** can develop postpartum depression according to the National Library of Medicine.

Some risk factors for developing PPD include:

- History of Depression or Anxiety
- Family History
- Physical Changes
- Hormonal Changes
- Lack of Family/ Friend Support
- Sleep Deprivation
- Stress
- Having Multiples (twins or triplets)
- Being a Teen Mom
- Preterm labor and delivery (before 37 weeks)
- Pregnancy and Birth Complications

## Methodology

I used an API (Application Programming Interface) to communicate our program with Chat GPT. I created an API key and copied it into my code. I leveraged Chat GPT's functionality with our Chat Bot to answer any additional questions about my research topic.

## Symptoms

The symptoms of PPD can vary from person to person, but some common symptoms include:

1. Feeling sad, hopeless, or overwhelmed
2. Crying frequently
3. Difficulty sleeping or sleeping too much
4. Changes in appetite or weight
5. Lack of interest in activities you used to enjoy
6. Difficulty bonding with the baby
7. Thoughts of harming yourself or the baby

If you experience any of these symptoms, it is important to seek help from a healthcare provider.

## Postpartum Depression in Men

Studies show that new fathers can experience postpartum depression, too. They may feel sad, tired, overwhelmed, anxious, or have changes in their usual eating and sleeping patterns. These are the same symptoms that mothers with postpartum depression experience.

Fathers who are young, have a history of depression, experience relationship problems or are struggling financially are most at risk of postpartum depression. Postpartum depression in fathers — sometimes called paternal postpartum depression — can have the same negative effect on partner relationships and child development as postpartum depression in mothers can.

## When to See a Doctor

It's important to call your provider as soon as possible if the symptoms of depression have any of these features:

- Don't fade after two weeks.
- Are getting worse.
- Make it hard for you to care for your baby.
- Make it hard to complete everyday tasks.
- Thoughts of harming yourself or your baby.

## References

Data was obtained from:  
The Centers for Disease Control and Prevention  
PUBMED  
WedMD  
Mayo Clinic

## Data/ Sample Commands

- 1 in 8 women report symptoms of depression after giving birth
- 20% were not asked about depression during prenatal visits
- 50% of pregnant women with depression were not treated

## Conclusion

Postpartum depression is a common mood disorder that can affect women after giving birth. Understanding the causes, symptoms, and treatments of PPD can help women seek help if they experience any symptoms. By building a support system, planning for postpartum care, and practicing self-care, women can reduce their risk of developing PPD and improve their overall health and well-being.

