

# Progression with Postpartum Depression

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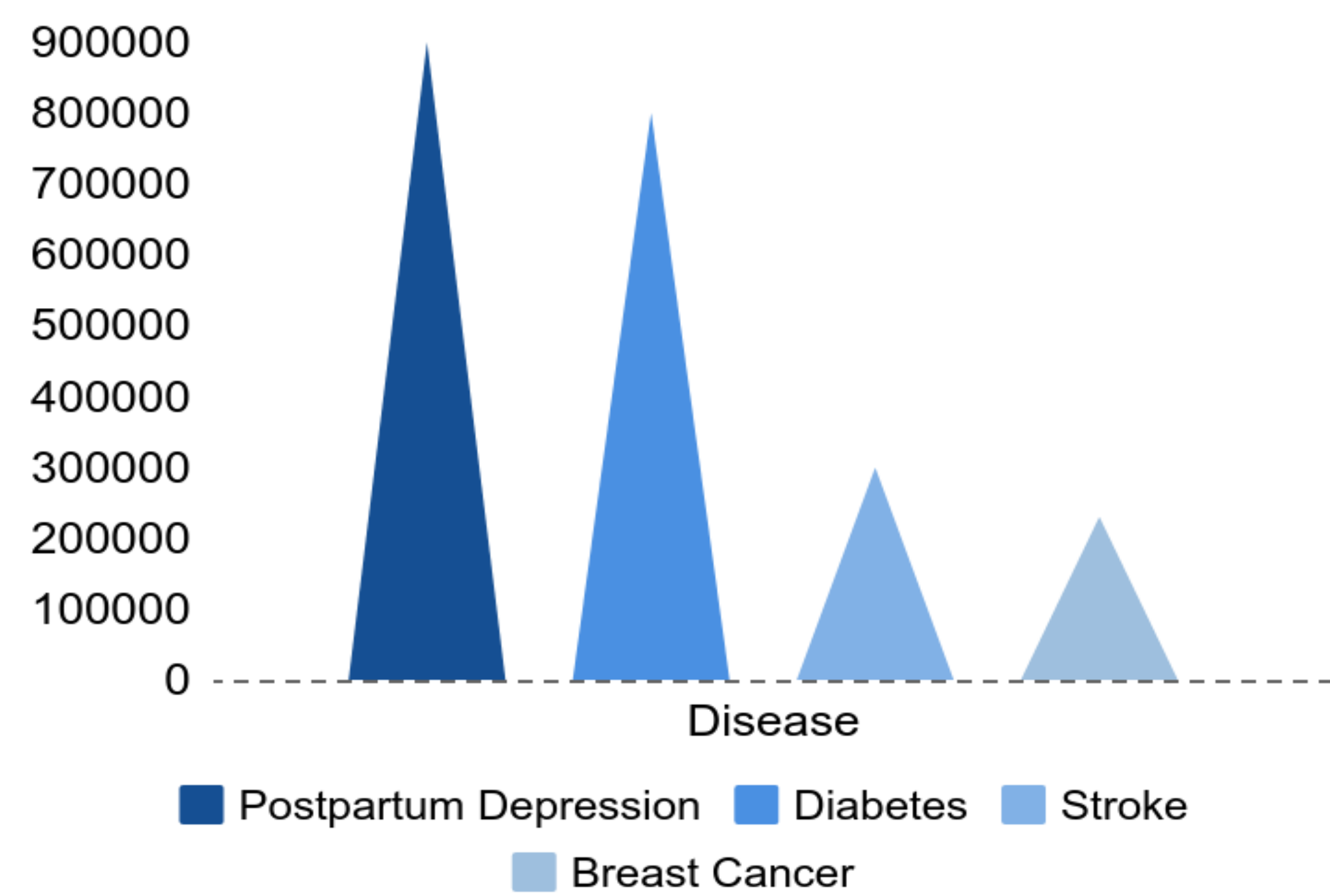
Professor Jill Rulfs, and Professor Helen Vassallo



## Abstract

- PPD is a major depressive disorder that affects 15% of women after birth in the United States [1].
- PPD impairs their ability to care for themselves and their children and is responsible for 20% of postpartum deaths by suicide [1].
- PPD often goes undiagnosed.

Women Diagnosed



## Approach

Physicians undergo training



Education on PPD for Mothers

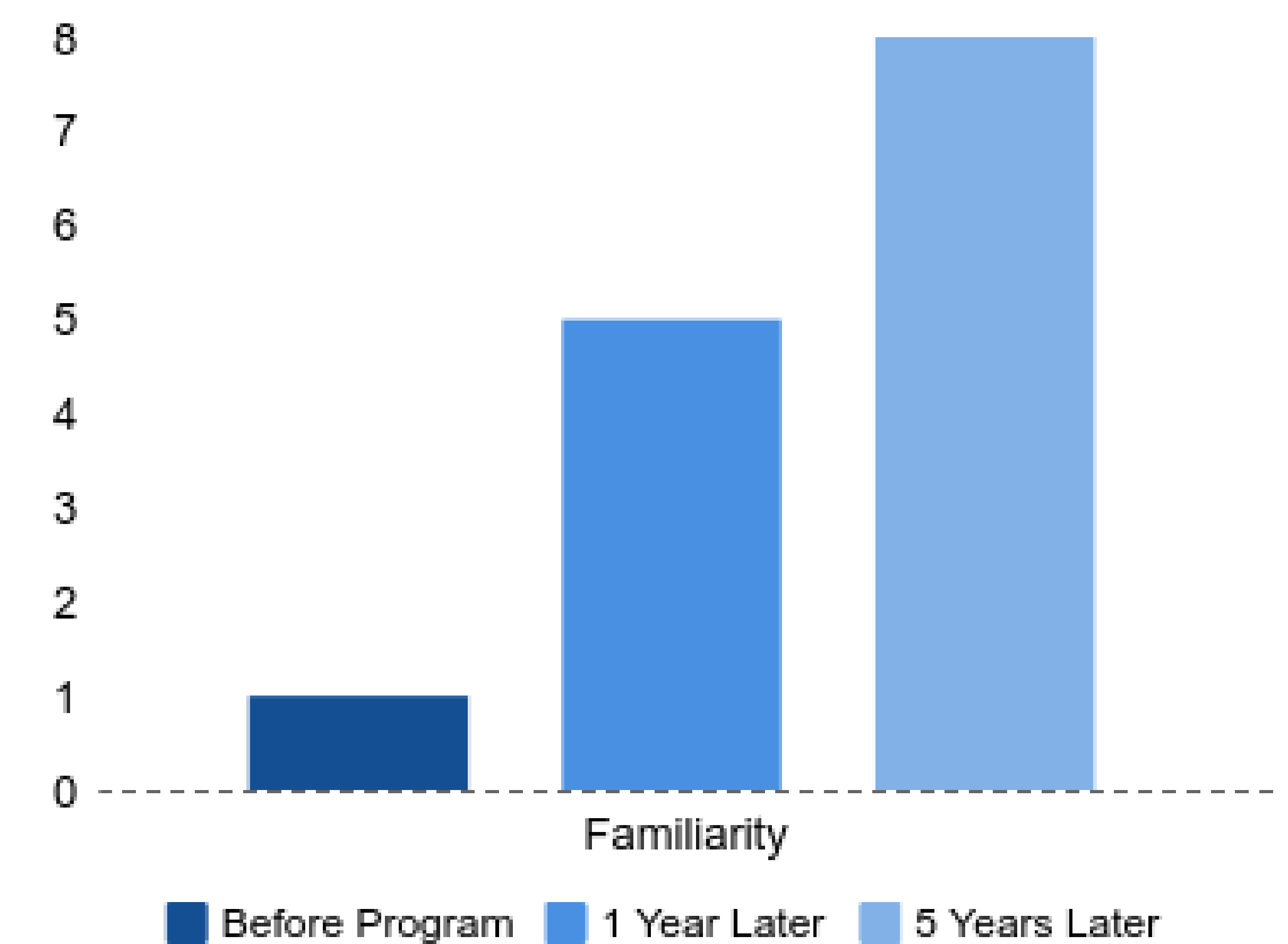


Pamphlet given out to people regarding PPD

## Results

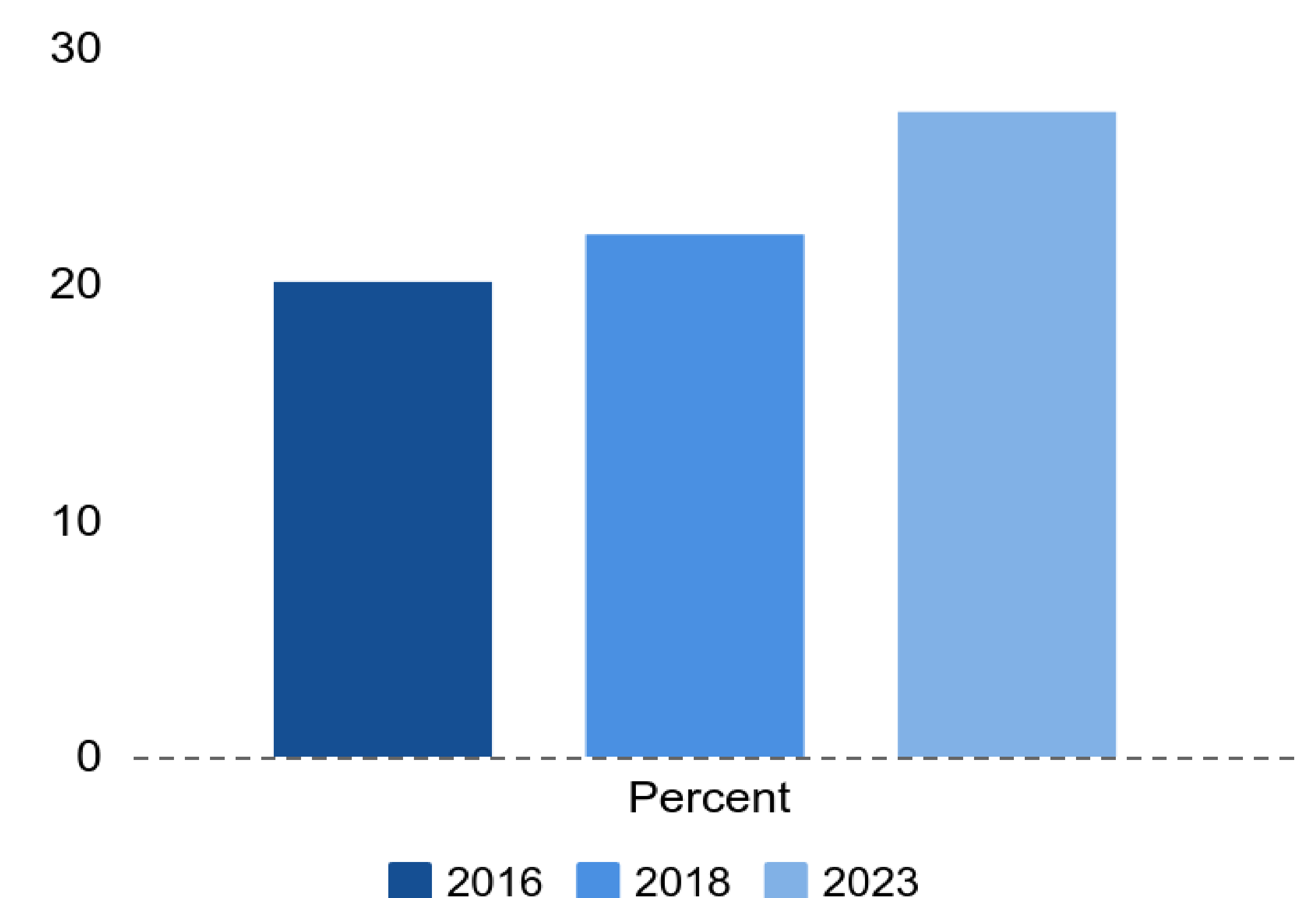
Using a survey to relay how effective the information has been received. The higher women score shows they know more information about PPD.

Familiarity with PPD



Look into how many women were diagnosed. The more women diagnosed, the more people know about it.

Percent of Women Diagnosed



## Problem

- People don't know about postpartum depression

- There is an expectation to be happy after giving birth



- Those with postpartum depression don't understand what is happening to them.

## References

[1] Silverman, M. E., Reichenberg, A., Savitz, D. A., Cnattingius, S., Lichtenstein, P., Hultman, C. M., Sandin, S. (2017, January 18). The risk factors for postpartum depression: A population-based study. Retrieved November 14, 2017, from <http://onlinelibrary.wiley.com/doi/10.1002/da.22597/full>

[2] Ko JY, Rockhill KM, Tong VT, Morrow B, Farr SL. Trends in Postpartum Depressive Symptoms — 27 States, 2004, 2008, and 2012. MMWR Morb Mortal Wkly Rep 2017;66:153–158. DOI: <http://dx.doi.org/10.15585/mmwr.mm6606a1>.

Image: Beauty Vectors, Photos and PSD files | Free Download. (n.d.). Retrieved November 30, 2017, from <https://www.freepik.com/free-photos-vectors/beauty>