Postnatal Depression, Risk Factors, Assessment, Identification & Treatments

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Objectives

• Background Literature
• Postnatal Mental Health
• Risk factors
• Assessment and screening instruments
• Importance of identification of PND
• Treatments
• Conclusion
Diana, Princess of Wales

from post-natal depression

Gwyneth Paltrow admits to suffering

In a 1995 interview conducted by the BBC, Diana revealed that she had suffered from post-natal depression after her first son, Prince William, was born.

Brooke Shields: On Her Pregnancy and Postpartum Depression

In her book "Down Came the Rain," she shares her story about her experiences with postpartum depression. She reveals that her problems first began when her first child was born and she was unable to form a bond with her. She felt like "a complete stranger to me," said Shields. At her lowest point; she had thoughts of
Postnatal Period

• Time of transition
• Major developmental change
• Becoming a mother for first-time
• Adaptation and coping
• Learning infant care skills
• Societal pressure ‘perfect mother’
• ‘Poor relation’ of perinatal research
Postnatal Mental Health

• Baby blues
• Postnatal Psychosis
• Postnatal depression
• Postnatal posttraumatic stress disorder
• Postpartum panic disorder
• Postpartum anxiety
Prevalence of risk of Postnatal Depression

International rates: 4.4% to 73.7%
Irish rates: 11.4%-28.6%
Recent Irish study
At 6 weeks
13.2% (95% CI: 9.8-16.6%)

At 12 weeks
9.8% (95% CI: 6.5-13.1%)
Bio Psychosocial Model Explanation of Depression

Triggers or Events
- Having a baby
- Accident
- Bereavement
- Marital breakdown
- Moving house
- Illness
- Traumatic experience

Vulnerability or Risk factors
- Social isolation
- Domestic abuse
- Low self-esteem/efficacy
- Physical ill health or exhaustion

Denial or refusal to face up to issues

Always seeing the dark side

History of depression or other mental health problems

History of physical or sexual abuse

Not living up to one self

High expectations about being able to cope regardless

Postnatal Depression
Mothers’ experiences

I felt I was a failure as a mother.

I liked my baby but I wasn’t interested in her.

It was lonely…nobody to talk to…I never hit him…(but) grabbed him…ignored his crying.

It was terrible, like someone else taking over. I wasn’t the same person.

I felt ghastly …like a physical weight pulling me down…everything was an effort.

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Assessment & Identification

Holistic nursing clinical assessment plus

- Whooley questions:
  1. ‘During the last month, have you often been bothered by feeling down, depressed or hopeless?’
  2. ‘During the last month have you often been bothered by having little interest or pleasure in doing things?’ (NICE CG 45)
Arroll follow on question

• This is also supplemented with a third question if the answer to either of the first two is ‘Yes’:

• 3. ‘Is this something with which you would like help?’ which has three possible responses: ‘No,’ ‘Yes, but not today,’ and ‘Yes.’

Treatments

- Antidepressants e.g. Selective serotonin reuptake inhibitors (SSRIs)
- Cognitive Behavioural Therapy (CBT)
- Cognitive Behavioural Counselling (CBC)
- Interpersonal Therapy (IP)
- Counselling e.g. non-directive in home visits
- Support
Social Support

• **Structural Social Support (Networks)**
  - Persons
    - Formal (Health Professionals)
    - Informal (Family/Friends)

• **Functional Social Support**
  - Informational
  - Instrumental
  - Emotional
  - Appraisal

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Informational support- from birth to 6 weeks

% changes

Partner Mother Neighbour Professional

Structural social support

Informational support- from birth to 6 weeks

Birth 6 weeks

% changes

Partner Mother Neighbour Professional

Structural social support

Informational support- from birth to 6 weeks

Birth 6 weeks
Instrumental support - from birth to 6 weeks

% changes
Partner Mother Neighbour Professional
Structural social support
Instrumental support - from birth to 6 weeks
Birth 6 weeks
Emotional support - from birth to 6 weeks

% changes

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<tr>
<th>Structural social support</th>
<th>Partner</th>
<th>Mother</th>
<th>Neighbour</th>
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- Red: Birth
- Yellow: 6 weeks
Appraisal support- from birth to 6 weeks

% changes
Partner | Mother | Neighbour | Professional
--- | --- | --- | ---
Birth | 90 | 80 | 60
6 weeks | 80 | 70 | 50

Structural social support
At 12 weeks

- Mothers who received no formal support at birth had a significantly elevated risk of PND (Odds ratio = 3.33, \( p < 0.01 \), 95% CI = 1.36 – 8.19)

- Mothers who received low levels of appraisal support at 12 weeks were at greatly increased risk of PND relative to those receiving high levels of support (Odds ratio = 6.42, \( p < 0.05 \), 95% CI = 1.44 – 28.7)

Conclusion

- PND serious Public health issue
- Early identification of affected women in the community
- Women’s preferences for effective treatments
- Health of women’s partners
- Significance of social support- structural and functional dimensions
Recommendations

• Universal screening for postnatal depression in the community
• Greater emphasis on postnatal nursing care in the community
• Choices of different models of care and treatments in the community
• Partners and maternal mothers acknowledged as primary sources of support
• Further research to enhance early detection in primary care
• Further research on effective acceptable interventions in community

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References


