

Download Antenatal And Postnatal Depression

Depression is widely prevalent among women in the child-bearing age, especially during the antenatal and postnatal period. Globally, post-partum depression has been reported in almost 10% to 20% of mothers, and it can start from the moment of birth, or may result from depression evolving continuously since pregnancy. Perinatal depression is depression experienced during pregnancy (known as ante or prenatal depression) or after childbirth (known as postnatal depression). Many people are aware of postnatal depression (PND) but it's less commonly known that you can experience depression during pregnancy as well ... Antenatal and Postnatal Depression is a much-needed handbook for all mothers who suffer from ante- and/or postnatal depression, reassuring sufferers that they are not alone. It looks into the possible causes, offers practical advice and support and contains a Foreword by the Director of the Fetal and Neonatal Stress Research Centre at Queen ... It covers depression, anxiety disorders, eating disorders, drug- and alcohol-use disorders and severe mental illness (such as psychosis, bipolar disorder and schizophrenia). It promotes early detection and good management of mental health problems to improve women's quality of life during pregnancy and in the year after giving birth.