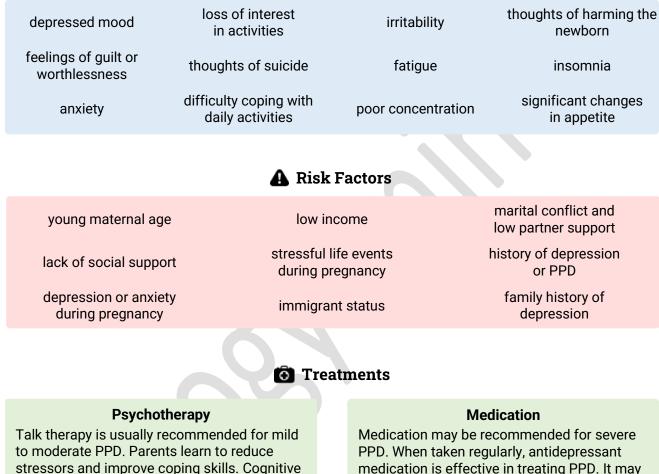
What is Postpartum Depression?

During pregnancy, or shortly after the birth of a child, some parents experience postpartum depression (PPD). PPD involves depressed mood, loss of interest in activities, and several other physical and emotional symptoms. These symptoms can be debilitating, making it difficult to perform everyday tasks.

Signs and Symptoms

Note: Everyone's experience with PPD is unique. Some will develop most symptoms, while others develop just a few. Diagnoses should only be made by a qualified professional.



stressors and improve coping skills. Cognitive behavioral therapy (CBT) and interpersonal therapy are the most common PPD therapies.

medication is effective in treating PPD. It may be used alone or in combination with talk therapy.

Other Information

Many women experience "baby blues" in the days following childbirth. This involves brief crying spells, irritability, nervousness, poor sleep, and emotional reactivity. Baby blues does not rise to the level of PPD and usually resolves in about one week, without treatment.

A parent's PPD can lead to cognitive, social, and behavioral problems in their child. However, when PPD is treated, these issues tend to improve.

PPD affects about 1 in 10 women during pregnancy, or in the weeks following delivery. Women who are diagnosed with PPD once are more likely to experience it during future pregnancies.