What is post partum depression (PPD)?
- Experiencing symptoms of depression after giving birth
- Widespread among women of all walks of life
- Depressive symptoms affect one in four women
- More common in adolescents and poor minority women

**Statistics**

**Prevalence & Incidence**
- Affects 1 in 4 women, 10% of pregnancies.
- 70-85% of women who just had a baby experience post partum blues
- Prevalence: Prevalence Rate: approx 1 in 679 or 0.15% or 400,000 people in USA
- Starts 2-3 weeks after delivery and may last months or longer
- More intense than post partum blues and may begin at any time after given birth

Reference: [http://www.wrongdiagnosis.com/p/postpartum_depression/prevalence.htm](http://www.wrongdiagnosis.com/p/postpartum_depression/prevalence.htm)

**Risk Factors**
- Family history of depression
- Personal history of depression
- Loss of baby or low birth weight baby
- Depressive symptoms during pregnancy
- Young mother

**Signs and Symptoms**
- Deep sadness
- Irritability
- Apathy
- Poor appetite and poor sleep
- Irrational behavior
- Impaired decision making
- Poor concentration

**Signs and Symptoms**
- Decrease or increase in appetite
- Markedly diminished interest or pleasure in most if not all activities
- Depressed, low or blue mood most of the day or nearly everyday

**Management of PPD**
- Most women with post partum blues or depression recover within 6 months.
- 20% of women with PPD will have chronic depression lasting more than 2 years.

**Resources**
- Call the Post Partum Support International helpline 1-800-944-4773 or visit them on the web at [www.postpartum.net](http://www.postpartum.net)
- For local resources, visit University of Miami Behavioral Health Department. They offer programs to prevent PPD.
- The Center for Post Partum Adjustment- Florida chapter at [www.postpartumsupport.com](http://www.postpartumsupport.com)

**References**