



Psychological changes during prenatal and postnatal stages

Parenting Awareness for Young people

Project n. 2019-1-UK01-KA205-060936



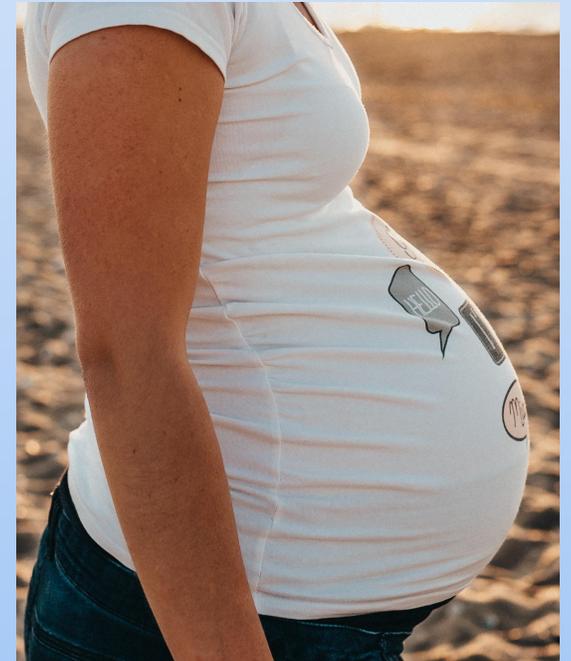
"The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

Co-funded by the
Erasmus+ Programme
of the European Union



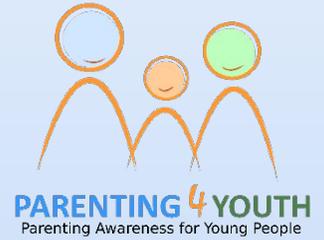
PREGNANCY

- ❖ Pregnancy is a period of great metabolic, hormonal and immunological **changes**.
- ❖ It is a moment of **construction of a new identity**.
- ❖ It is possible that **fears and insecurities** associated with situations from the past are triggered, generating an emotional imbalance that disrupts her state of mind and personal well-being during the process.
- ❖ In this sense, in addition to the physical and hormonal changes, it is observed that it is normal to experience **different emotional states** during pregnancy: anxiety, depression, uncertainty, joy, illusion...



PREGNANCY

Psychological and psychosocial factors to consider



- ❖ **Personality** of the woman.
- ❖ **Age of parents** a feeling of unlived youth or excessive responsibility for the youngest, if the couple is Young.
- ❖ **Socio-economic situation:** In young couples the economic vulnerability is a risk.
- ❖ **Level and cultural context:** if parents are educated or not, this implies more self-efficacy and self-confidence during the pregnancy process.
- ❖ **Problems with the pregnancy** - invasive diagnostic technique or possible termination of the pregnancy.
- ❖ Whether the pregnancy is **wanted or not** .
- ❖ If the pregnant woman has the **support of her partner and/or family**.

PREGNANCY

Fears that pregnant women face

IN THE FIRST QUARTER:

- ☐ Women worry about miscarriage and fetal health.
- ☐ and feel a strong **positive emotion** towards the baby's desire.



The important thing at this stage is to face the new situation **positively**, to have the support of your partner and family, and to follow the relevant medical check-ups.

PREGNANCY

Fears that pregnant women face

IN THE THIRD QUARTER:

- ❑ Women are often afraid of giving birth
- ❑ And to face the future of motherhood.

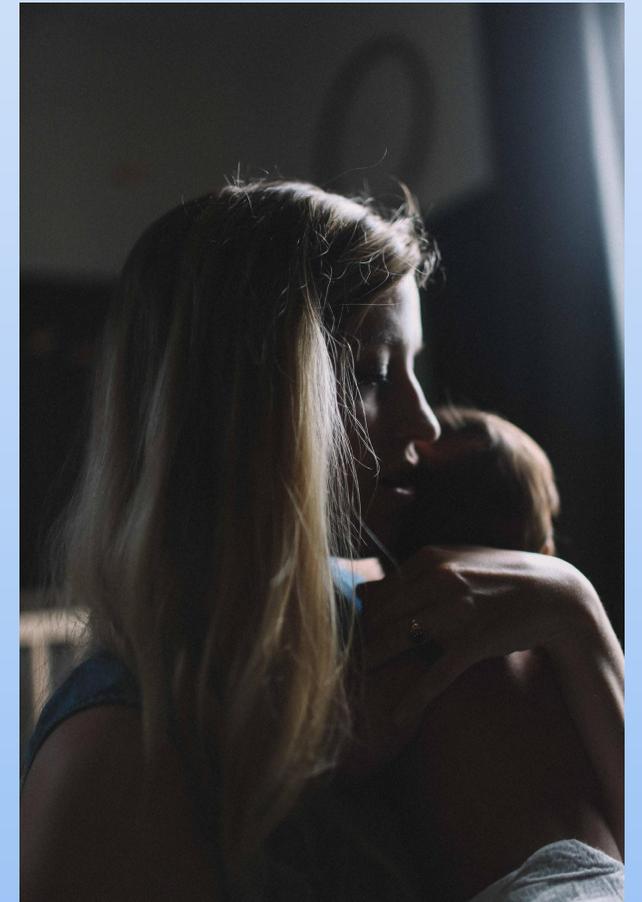


Adequate preparation for childbirth on a physical level (yoga or Pilates exercises adapted to pregnancy) and mental level (maternal education including relaxation techniques, self-efficacy and self-control).

PREGNANCY

Common concerns of parents

- ❖ Changes in their **future role** (becoming a mother, quitting work)
- ❖ Changes in **relationships** with friends
- ❖ Questions about whether or not you will be a **good parent**
- ❖ Fear of **problems** with the pregnancy or baby
- ❖ Fear of **childbirth**
- ❖ **Lack of support** or fear of being alone.



THE BIRTH

Finally the baby is here. What now?



POST-PARTUM

- Are you familiar with the concept baby blues?
- Do you know the difference with postpartum depression?



POST-PARTUM



<https://www.youtube.com/watch?v=6kaCdrvNGZw>

POST-PARTUM DEPRESSION

DEFINITION

- It is a complex **mix of physical, emotional, and behavioural changes** that happen in a woman after having birth.
- It is a form of **major depression** that has its onset within four weeks after delivery.
- The diagnosis is based not only on the length of time between the delivery and the onset, but also on the severity of the depression.



POST-PARTUM DEPRESSION

Have a higher chance of suffering it



- ❖ Young **women under 20**
- ❖ Women that smoke, take illegal substances or smoke
- ❖ **Did not plan the pregnancy or have mixed feelings** about it
- ❖ Had depression, bipolar disorder or anxiety disorder before the pregnancy or with a past pregnancy
- ❖ Have a close family member who had depression or anxiety

POST-PARTUM DEPRESSION

Have a higher chance of suffering it

- ❖ Had a **stressful event** during the pregnancy or delivery, such as
 - ❖ personal illness
 - ❖ death or illness of a loved one
 - ❖ A difficult or emergency delivery
 - ❖ Premature delivery
 - ❖ Illness or birth defect in the baby
- ❖ Have a poor relationship with her partner or be single
- ❖ Have **money or housing problems**
- ❖ Have Little support from family and friends



POST-PARTUM DEPRESSION

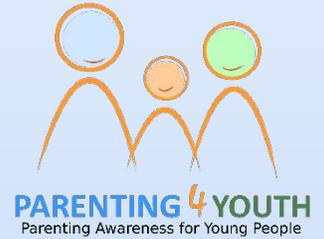
Treatment

- ❖ Treatment and recovery time vary depending on the severity of the depression and the woman's individual needs.
- ❖ It is often treated with psychotherapy (also called talk therapy or mental health counselling), medication or both.



POST-PARTUM DEPRESSION

Treatment



- ❖ Psychotherapy: also called talk therapy or mental health counselling, it consists on visiting a psychiatrist, psychologist or mental health provider. This helps the woman to:
 - Cope with her feeling
 - Solve problems
 - Set realistic goals
 - Respond to the situations in a positive way
- ❖ Antidepressants
 - Some of them can be used during breast-feeding with Little risk of side effects for the baby. Antidepressant are not a solution but can be just a temporary help, and should be never used for long time.
- ❖ Electroconvulsive therapy (ECT) only if the depression is severe.
 - Electrical current applied to the brain. This technique is very controverse and not recommended.

POST-PARTUM DEPRESSION

**Can fathers have
post-partum
depression?**

What do you think?



POST-PARTUM DEPRESSION

In new fathers

- ❖ They may feel sad or fatigued, be overwhelmed, experience anxiety, or have changes in their usual eating and sleeping patterns.
- ❖ Fathers who are young, have a history of depression, experience relationship problems or are struggling financially are most at risk of postpartum depression.
- ❖ It can have the same negative effect on partner relationships and child development as postpartum depression in mothers.

