Baby Blues

Approximately 70-80% of all new mothers experience some negative feelings or mood swings after the birth of their child.

Symptoms

- Weepiness or crying for no apparent reason
- Impatience
- Irritability
- Restlessness
- Anxiety
- Fatigue
- Insomnia (even when the baby is sleeping)
- Sadness
- Mood changes
- Poor concentration

Symptoms last up to 2 weeks postpartum. Please consider seeking support or treatment if symptoms last longer than 2 weeks after delivery.
Approximately 6% of pregnant women and 10% of postpartum women develop anxiety.

Symptoms

- Constant worry
- Feeling that something bad is going to happen
- Racing thoughts
- Disturbances of sleep and appetite
- Inability to sit still
- Physical symptoms like dizziness, hot flashes, and nausea

Risk factors for perinatal anxiety and panic include a personal or family history of anxiety, previous perinatal depression or anxiety, or thyroid imbalance.
Approximately 9% of women experience Postpartum Post-traumatic Stress Disorder (PTSD) following childbirth.

Symptoms

- Intrusive re-experiencing of a past traumatic event (which in this case may have been the childbirth itself)
- Flashbacks or nightmares
- Avoidance of stimuli associated with the event, including thoughts, feelings, people, places and details of the event
- Persistent increased arousal (irritability, difficulty sleeping, hypervigilance, exaggerated startle response)
- Anxiety and panic attacks
- Feeling a sense of unreality and detachment

Postpartum PTSD is temporary and treatable with professional help.
Postpartum Obsessive Compulsive Disorder is estimated that as many as 3-5% of new mothers

Symptoms

- Obsessions, also called intrusive thoughts, which are persistent, repetitive thoughts or mental images related to the baby.

- Compulsions are where the mom may do certain things over and over again to reduce her fears and obsessions. This may include things like needing to clean constantly, check things many times, count or reorder things.

- A sense of horror about the obsessions

- Fear of being left alone with the infant

- Hypervigilance in protecting the infant

Risk factors for postpartum OCD include a personal or family history of anxiety or OCD.
Postpartum Psychosis occurs in approximately 1 to 2 out of every 1,000 deliveries.

Symptoms

- Delusions or strange beliefs
- Hallucinations (seeing or hearing things that aren’t there)
- Feeling very irritated
- Hyperactivity
- Decreased need for or inability to sleep
- Paranoia and suspiciousness
- Rapid mood swings
- Difficulty communicating at times

The onset is usually sudden, most often within the first 2 weeks postpartum. Postpartum Psychosis is a medical emergency needing urgent treatment.
Upto 20% of women suffer from Postpartum Depression after giving birth

Symptoms

- Feeling restless, sad or hopeless
- Crying a lot
- Thoughts of hurting the baby and/or yourself
- Not feeling connected to the baby
- Having no energy or motivation
- Eating too little or too much
- Sleeping too little or too much
- Having trouble focusing or making decisions
- Having memory problems
- Feeling worthless, guilty, or like a bad mother
- Losing interest in activities you used to enjoy
- Withdrawing from friends and family
- Having headaches, aches and pains, or stomach problems

Postpartum and antepartum depression are temporary and treatable with professional help
The prevalence of Postpartum Bipolar disorder is 2.9%.

**Symptoms**

**Bipolar I:**
- Periods of severely depressed mood and irritability
- Mood much better than normal
- Rapid speech
- Little need for sleep
- Racing thoughts, trouble concentrating
- Continuous high energy
- Overconfidence
- Delusions (often grandiose, but including paranoid)
- Impulsiveness, poor judgment, distractibility
- Grandiose thoughts, inflated sense of self-importance
- In the most severe cases, delusions and hallucinations

**Bipolar II:**
- Periods of severe depression
- Periods when mood much better than normal
- Rapid speech
- Little need for sleep
- Racing thoughts, trouble concentrating
- Anxiety
- Irritability
- Continuous high energy
- Overconfidence
- Delusions (often grandiose, but including paranoid)
- Impulsiveness, poor judgment, distractibility
- Grandiose thoughts, inflated sense of self-importance

It is essential to consult an informed professional with experience and training in mental health assessment and treatment during pregnancy and postpartum.