

Title: The inclusion of Mental health in Perinatology, now also a Manyata standard

Aim:

To study the incidence of postpartum depression and to develop strategies to manage (prevent as well as treat) the condition through anticipation by scoring tools during antenatal period itself.

Observations:

Educational background



Worries more than joy on delivery



Measures to overcome anxiety



Material and Methods:

A prospective study was conducted amongst 45 postpartum women whose infants were 6 months to 15 months old, randomly selected, from those who had delivered in private nursing home and a corporation hospital in Navi Mumbai in the period 1st. August 2023 till 30th May 2024

After a personal one on one, informed consent about their approval for participation in the study, a questionnaire based on the mental health of women in the postpartum period, their knowledge and impact about the same was recorded. The questionnaire included ten relevant parameters such as →

Difficulties with guilt/inadequacy



Physically "low on energy"



Severity of symptoms Needed medication, suicidal tendency



Edinburgh Postnatal Depression Scale (EPDS)

As mentioned, only 2 questions with weighted score >3, considered as high risk as per Manyata selection

PPD also affected physically



Have you heard of PPD



Question	Response	Score	Response	Score
1. How satisfied are you with your infant?	Satisfied	0	Not satisfied	1
2. How satisfied are you with your infant's health?	Satisfied	0	Not satisfied	1
3. How satisfied are you with your infant's behavior?	Satisfied	0	Not satisfied	1
4. How satisfied are you with your infant's appearance?	Satisfied	0	Not satisfied	1
5. How satisfied are you with your infant's personality?	Satisfied	0	Not satisfied	1
6. How satisfied are you with your infant's intelligence?	Satisfied	0	Not satisfied	1
7. How satisfied are you with your infant's social skills?	Satisfied	0	Not satisfied	1
8. How satisfied are you with your infant's emotional stability?	Satisfied	0	Not satisfied	1
9. How satisfied are you with your infant's physical health?	Satisfied	0	Not satisfied	1
10. How satisfied are you with your infant's overall well-being?	Satisfied	0	Not satisfied	1

Conclusion:

- 1) Formal screening for depression using 2 pt questionnaire
- 2) To offer simple solutions and redirection of thoughts gives confidence, averts fear of visiting psychiatrist and complications like postpartum depression. 3) Counseling family members if necessary, by a professional,

Health Problems : Screening for PMH

1. For Depression: Ask two questions
Over the last 2 weeks, how often have you been bothered by:

1. Little interest or pleasure in doing things
2. Feeling down, depressed or hopeless

Screening for PMH
Ask about Self-harm

Over the last two weeks, have you been bothered by the thoughts that you would be better off dead or of hurting yourself in some way?

2. For Anxiety: Ask two questions
Over the last 2 weeks, how often have you been bothered by:

1. Feeling nervous, anxious or on edge
2. Not being able to control worrying

Simple ways to enhance Mental Health in Pregnancy

- Eat healthy, regular and nutritious meals
- Keep yourself active as much as possible
- Do small household chores which are not very strenuous
- Get help from spouse, family, friends or neighbors in managing daily chores or taking care of an older child
- Talk to other pregnant women in your village who may be having a similar experience to you.
- Think and dream about your coming baby and talk to your baby inside the belly while you caress your belly
- Engage in positive thoughts about the baby that will help in mother baby bonding.

References: 1) Manyata, FOGSI 2) Prevalence of postpartum depression and interventions utilized for its management *Journal of Clinical Psychiatry* vol.17, A. no-18 (2018) 3) Screening tool for postpartum depression by C Zubaran, Roco et School of Med, Univ of Western Sydney, Australia Dept of Psychiatry, Brazil.

