Maternal Depression; A Family Affair

CHSA

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Agenda

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1. Welcome and Introductions
2. What are Baby Blues?
3. What are the signs of Maternal Depression?
4. What are the signs of Paternal Depression?
5. Who might be predisposed to Maternal Depression?
6. Infant Detachment Disorder
7. Nurturing ourselves
8. Wrap-up and Closing
Objectives

• Participants will recognize signs of maternal depression and paternal depression

• Participants will have a better understanding of the effects of maternal depression, paternal and attachment disorder

• Participants will understand the importance of screening for maternal depression
Baby Blues

• Can affect from 40% to 80% of perinatal women
• Begins a few days after the birth and usually subsides within 10 days (short term)
• Characterized by mood swings, lack of concentration, appetite change, weepiness, etc...

CA Dept Health Services/Maternal Child & Adolescent Health Branch
Maternal Depression-CA Study

Affects:

• 12% of mothers in CA
• Mother’s health, social functioning, care of children
• Infant’s bonding and cognitive, social, psychological and behavioral development

CA Dept Health Services/Maternal Child & Adolescent Health Branch
Maternal Depression

What is Postpartum Depression?

- A clinically significant condition
- A serious medical condition that requires attention from a health care provider
- A multifaceted illness that has varying consequences for a woman's mental health, her functioning as a mother, the family’s functioning and her child’s development

Zero to Three July 2005
Video.mp4
Maternal Depression

Characterized by prolonged periods of:

- Low mood, irritability, sleep and appetite disturbance
- Fatigue, loss of interest, inability to feel pleasure in daily life
- Guilt, decreased concentration, indecisiveness, feelings of worthlessness, despair, or thoughts about harming herself or her child

Can Result in Postpartum Psychosis:

- Hallucinations, paranoia, inability to care for self or baby, thoughts of suicide or infanticide
Prevalence of Maternal Depression

- Estimated 50-80% of all mothers experience post-partum blues
- 1 in 1,000 women experience post-partum psychosis during 1st year; most occur before 3rd month
- CA study found that the onset of PPD occurred 4-12 weeks postnatal and lasted between 3-14 months
- Zero to Three found 8-15% of childbearing women experienced PPD during the 1st year after childbirth
• http://www.youtube.com/watch?v=S3xN__s2-KQ&NR=1&feature=fvwp
Male Depression

• Symptoms may include:
  – Escapist behavior, such as spending a lot of time at work or on sports
  – Alcohol or drug abuse
  – Controlling, violent or abusive behavior
  – Riskly behavior, such as reckless driving
  – Infidelity or unhealthy sexual relationships
Male depression often goes undiagnosed:

Failure to recognize depression- seek distraction to avoid dealing with feelings or relationship

Downplay signs and symptoms- Not recognizing how much symptoms one's self or not admitting to self or others that feeling depressed

Reluctant to discuss depression symptoms- Many men won’t talk openly to family, friends let alone medical professional but try to suppress…
Male Depression

• When there is a new baby is the house:
  – Journal of the American Medical Association, May 19, 2010, found that out of 43 studies a total of more than 28,000 fathers an average of 10.4% suffered from depression sometime between the first trimester of their partner’s pregnancy and the child’s first birthday.
  – Rates for paternal depression were highest 3-6 months after birth.
Maternal Depression Affects On Children

- 50% - 80% of offspring have significant problems
- Exposure in early life appears to confer more risk
- Duration and severity of mother’s depression affects children’s severity
- Even mild depression associated with child problems

Goodman & Gotlib, 1999; Timko et al., 2002; Anderson & Hammen, 1993
Depression & Mom-Child Relationship

- More negative and less positive emotions
- Inability to manage impulses and regulate their own behavior
- Withdrawal from daily activities, eventually avoiding any kind of interaction
- May be more irritable, difficult to soothe and less happy
- Inability to develop empathy for others
- Unable to recognize emotions and emotional cues in others
- Difficulty establishing and sustaining close relationships and friendships
- Need to develop confidence, cooperativeness and the capacity to communicate
Implications of Attachment Disorder

- Delayed development
- Infant depression
- Inconsolable crying or sleep problems
- Aggressive or impulsive behavior
- Difficult time relating to other children
- Difficult time trusting adults

Zero-to Three 2005 and Secure Beginnings: Idaho Dept. of Health and Welfare
Major Negative Effects on Children

• Significantly worse school outcomes
  – Lower cognitive functioning
  – Poorer reading achievement
  – Low grades
  – Increased behavior problems
• 50% of adolescents have a psychiatric disorder
• 2x the rate of physical problems

Riley, et al, 2002; Goodman & Gotlib, 1999
How Depression Affects Development

• Changes in hormones during fetal period
• Specific aspects of parenting behavior:
  – Maternal responsivity
  – Maternal sensitivity
  – Emotional availability
  – Negative mood (intrusive/hostile)
  – Inconsistency in discipline
  – Modeling negative affect
  – Inability to assist with emotional regulation
Strategies for Supporting Positive Attachment

- Recognize signs of depression and attachment disorder
  - Poor eye contact
  - Lack of smiles
  - Out of rhythm
- Support parents in responding to cues, understanding development and recognizing stressors
- Decrease isolation (socializations, respite services, community support)
- Provide referrals to decrease stressors (mental health, social, financial, etc.)
Strategies for Supporting Positive Attachment

- Support parents in responding to cues, understanding development and recognizing stressors
- Decrease isolation (socializations, respite services, community support)
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- Work with mental health consultant

68 EHS programs nationally were considered for the study; of those 17 EHS programs were selected.

Children had to be enrolled before their first birthday.

3,001 families participated.

Families recruited following existing processes (including babies w/disabilities).

Control group did not receive EHS services but could receive community services.
Study Results

Early impacts on Early Head Start Children:
• Had less aggressive behavior
• Were more trusting
• Were able to make friends
• Did better in school after they left Head Start

Impact on Families:
• Reduced rates of depression 2 years after transitioning out of EHS

Michigan Association for Infant Mental Journal 10.2002
Screening and Education

Screening:

• During pregnancy and perinatal
• Screening in early Post-Partum period

Education:

• Educate medical community: Discuss the early warning signs at prenatal visits
• Talk about this in your Health Advisory Committee Meetings
• Discuss the early warning signs during Lamaze classes
• Discuss the early warning signs of both PPD and paternal depression at parent education classes
• Spread the word to undue the taboo!
Screening Tools for Maternal Depression

• Edinburgh Postnatal Depression Scale (EPDS) 10 items, Free to download, English/Spanish
• Beck Depression Inventory-II (BDI-II) 21 items, Approximately $80. English/Spanish Available through Psychological Corp
• Postnatal Depression Symptom Assessment (PNDSA)

Earlier is always better......
Screening Early

http://www.spiritmag.com/features/articlebaby_gaga/
Referrals and Tracking

- Work with your mental health consultant
- Know your community and resources
- Work with your Health Advisory Committee
- Develop Inter-Agency Agreements (IAs) with community mental health agencies
- Develop systems for tracking all screenings, Multi-Disciplinary Team (MDT) meetings and referrals
- Track follow-up to referrals
“Successful performance of mental function, resulting in productive activities, fulfilling relationships with other people & the ability to adapt & change & cope with adversity; mental health is indispensable to personal well-being, family & interpersonal relationships & contribution to the community or society.”

Your Mental Wellness

- Nurturing yourself to be able to nourish others
- Network to seek support and ease stress
- Brainstorm ways that nourish you and your staff