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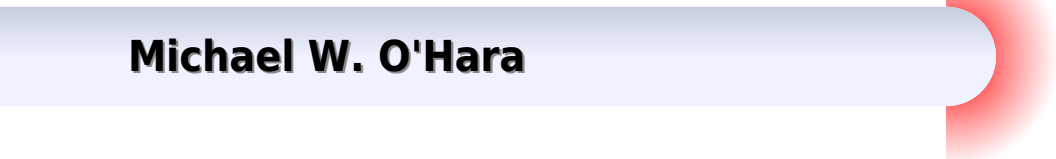
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Postnatal Depression

Michael W. O'Hara



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Anatomy and Physiology for Midwives Jane Coad, Melvyn Dunstall, 2005-01-01 Aimed directly at midwives *Anatomy and Physiology for Midwives* Second Edition provides a thorough grounding in the structure and functions of the human body associated with childbearing birth and postnatal care This new edition has a fully revised section on how this knowledge can be applied to practice and includes cutting edge information on reproductive cycles and sexual differentiation and behaviour Clear language and illustrations ensure complete understanding and effective learning This text will be invaluable to both practising midwives and midwifery students Book Jacket Cambridge Handbook of Psychology, Health and Medicine

Susan Ayers, Andrew Baum, Chris McManus, Stanton Newman, Kenneth Wallston, John Weinman, Robert West, 2007-08-23 Health psychology is a rapidly expanding discipline at the interface of psychology and clinical medicine This new edition is fully reworked and revised offering an entirely up to date comprehensive accessible one stop resource for clinical psychologists mental health professionals and specialists in health related matters There are two new editors Susan Ayers from the University of Sussex and Kenneth Wallston from Vanderbilt University Medical Center The prestigious editorial team and their international interdisciplinary cast of authors have reconceptualised their much acclaimed handbook The book is now in two parts part I covers psychological aspects of health and illness assessments interventions and healthcare practice Part II covers medical matters listed in alphabetical order Among the many new topics added are diet and health ethnicity and health clinical interviewing mood assessment communicating risk medical interviewing diagnostic procedures organ donation IVF MMR HRT sleep disorders skin disorders depression and anxiety disorders **Post Partum**

Depression - Knowing More about Postnatal Depression Dueep Jyot Singh, John Davidson, 2015-12-21 Table of Contents Post Partum Depression Table of Contents Introduction Symptoms Causes of PPD Doctor Can You Please Help Me Who Can Get PPD Risk factors Suffering from PPD Duration Conclusion Author Bio Publisher Introduction It may be an emotional or well known sentimental cliché that a mother is not really a mother until she has held her baby in her arms for the first time Since ancient times this is the statement which has been followed in societies that a woman can never be fulfilled until she has become a wife and a mother In fact nature has programmed a woman to be the mother of future generations and that is why there is always a feeling that only when she holds her bundle of joy in her arms when she really understand what it really means to be a woman and a mother Nevertheless putting emotion aside pregnancy and childbirth are going to result in a complex mix of hormonal physical emotional spiritual and behavioral changes taking place in a woman This whole package is going to affect her in various ways at different times In fact a woman may recognize the fact that she is expecting when she finds herself with mood swings in the initial stages of pregnancy During the pregnancy she is going to feel excited full of energy and deliriously happy At other times she is going to feel headaches flustered and feel tired and overwhelmed In the East since ancient times women know all about these particular hormonal changes which are going to affect an expectant

mother That is why traditionally an expectant mother was always kept in seclusion with old wise women to take care of her She was given the task of reading holy books so that her mind could keep calm peaceful and tranquil The belief was that in this manner her child would also be a spiritually rich and enlightened soul Naturally after she has gone through the rigors of labor and has successfully given birth to a child a woman feels that she has done something marvelous She has achieved something great and that is the reason why she cannot stop smiling Holding her child for the first time in her arms means that now she is ready to take on the responsibility of a brand new soul who has entered her life and who belongs to her completely Later on the world is going to intrude in her magic world of mother and child and brings with it worry as well as the responsibilities which have now fallen on her shoulders However when she knows that she has her family her partner or her husband who is there to welcome the newborn gift to the world she is going to feel relieved and less tense and stressed However a number of women suffer from an ailment known as acute postpartum depression PPD because of the worry of the responsibility of a newborn child This makes 90% of the mothers depressed and fearful But as they begin to cope with baby care this depression is going to disappear Yet for about a quarter of the new mothers the depression is going to persist for some weeks They need help in both caring for their babies and in coming to terms with their feelings It is only with the help and support of their families that they can manage to come out of this depression Acute postpartum depression in a mother is going to result in the baby being badly neglected or even ill treated So what is this condition that makes women feel emotionally untouched by their own babies as they drown in a sea of black depression *Babies in Mind* Jenny

Perkel,2008-02 Does it affect your baby if you are depressed or stressed out Is it OK to leave your baby alone to cry What is the role of a father How can you create a good bond between you and your baby For how long should you be apart from your baby during the first year These are just a few of the many questions that all new parents face But at last *Babies in Mind* is here to help you Backed by extensive research as well as clinical and personal experience psychologist Jenny Perkel gently guides you in deciding what is best for both you and your baby Being a new parent is immensely challenging Not only do you have to handle your baby s physical needs but you have to attend to your baby s psychological needs too *Babies in Mind* is the only book that explains how to give babies in their first year of life what they really need from a purely psychological perspective Written for both mothers and fathers the book is informed by psychological and medical research which shows that emotional difficulties in later life can sometimes have their roots in infancy The way in which babies are handled and related to by their caregivers has a direct and powerful link to the kind of people they will grow into This book is for parents who are mindful of their baby s psychological needs *Rapid Obstetrics and Gynaecology* Misha Moore,Sarah-Jane

Lam,Adam R. Kay,2010-09-20 This pocket reference and revision guide is a must for all medical students and junior doctors preparing for major exams in obstetrics and gynaecology or needing a rapid reminder during a clinical attachment Now thoroughly updated this second edition has been re ordered into three sections covering obstetrics gynaecology and

procedures to provide a more systematic and ordered approach to learning that takes into consideration the natural division within the specialty Covering all key topics in Obstetrics and Gynaecology this succinct account of the core and common conditions found in clinical settings and exams is the ideal refresher covering just the basic relevant facts **Postpartum Depression** Michael W. O'Hara, 2012-12-06 Postpartum Depression Causes and Consequences chronicles a decade and a half of research into this relatively common mood disorder experienced in various forms by between 10 40% of all women following delivery The author has conducted three major studies all of which are presented in this volume The most recent study comprises the bulk of the monograph and presents the results with regard to psychological social and hormonal factors in postpartum depression and the blues Information regarding the epidemiology etiology and treatment of postpartum depression is also included The work described in this volume represents the attempt by the author to begin to address several of the major unresolved questions regarding the prevalence causes and consequences of postpartum mood disorders The important negative implications of poor maternal adjustment for both the new mother and her family as well as the increased awareness of childbearing women who are now demanding answers and information make this book indispensable for all practitioners in psychology psychiatry and obstetrics gynecology as well as for the students of these disciplines

Mental Healthcare Matters in Primary Care Ruth Chambers, Elizabeth Boath, Gill Wakley, 2001 Bridging the gap between theory and practice this book shows how to integrate quality improvements into everyday work It outlines how learning more about mental health and reviewing current practice can be incorporated into personal development or practice learning plans

Counseling the Nursing Mother Judith Lauwers, Anna Swisher, 2005 Counseling the Nursing Mother thoroughly covers counseling techniques and how style and approach can enhance interactions with mothers and thus the effectiveness in helping them breastfeed By presenting topics within a counseling framework and including practical suggestions for working with mothers the reader will gain insights into applying knowledge and research into everyday practice as well as understand counseling challenges and how to meet them **The Corsini Encyclopedia of Psychology, Volume 3** Irving B. Weiner, W.

Edward Craighead, 2010-01-19 Psychologists researchers teachers and students need complete and comprehensive information in the fields of psychology and behavioral science The Corsini Encyclopedia of Psychology Volume Three has been the reference of choice for almost three decades This indispensable resource is updated and expanded to include much new material It uniquely and effectively blends psychology and behavioral science The Fourth Edition features over 1 200 entries complete coverage of DSM disorders and a bibliography of over 10 000 citations Readers will benefit from up to date and authoritative coverage of every major area of psychology **Seminars in General Adult Psychiatry** George

Stein, Greg Wilkinson, 2007-04 This second edition of Seminars in General Adult Psychiatry provides a highly readable and comprehensive account of modern adult psychiatry Key features of the first edition that have been retained are the detailed clinical descriptions of psychiatric disorders and historical sections to give the reader access to the classic studies of

psychiatry as well as the current evidence Additional topics covered here for the first time include liaison psychiatry psychosexual medicine clinical epidemiology and international and cultural psychiatry Clinical management is given due prominence with extensive accounts of modern drug management cognitive therapy the main psychosocial approaches and current guidelines such as those published by the National Institute for Health and Care Excellence An essential text for trainees studying for their MRCPsych this book is also a one stop reference work for established practitioners providing comprehensive coverage of the whole of adult psychiatry

Postnatal Depression Vivienne Welburn, 1980 Women's Health in General Practice Danielle Mazza, 2010-11-30 Women's Health in General Practice 2e has been written for general practitioners family physicians and doctors undertaking general practice training programs Rural and remote area health practitioners and nurse practitioners working in primary care settings will also find the book of great benefit This clear and accessible guide to women's health provides evidence based information relevant to the primary care setting GPs will appreciate the practice tips and examples of useful approaches to take when dealing with the women's sexual and reproductive health issues This new edition incorporates

Supporting Children and Families Mark Avis, Justine Schneider, Paul Leighton, 2007-12-15 This book gathers together the lessons learned from perhaps the largest scale social experiment ever undertaken in England Sure Start In addition to summarizing the findings of numerous innovative projects contributors draw on their experiences of the successes and challenges to offer advice for those engaged in current and future practice

Handbook of Psychology: Health psychology Irving B. Weiner, Donald K. Freedheim, 2003 Includes established theories and cutting edge developments Presents the work of an international group of experts Presents the nature origin implications and future course of major unresolved issues in the area

Progress in Obstetrics and Gynaecology John Studd, Seang Lin Tan, Frank A. Chervenak, 2006-01-01 PROGRESS IN OBSTETRICS AND GYNAECOLOGY edited by Professor John Studd Dr Seang Tan and Dr Frank Chervenak is the definitive international review series in the field This 17th volume with contributions from leading clinicians from all over the world covers topics of importance and relevance to obstetricians and gynaecologists Established review series covering the latest and most important topics in the field of obstetrics and gynaecology International line up of contributors Provides excellent method of keeping up to date for clinicians Serves as topical review for trainees in O G preparing for exams such as the MRCOG

Handbook of Nutrition and Pregnancy Carol J. Lammi-Keefe, Sarah C. Couch, Elliot Philipson, 2008-06-01 The Nutrition and Health™ series of books has an overriding mission to provide health professionals with texts that are considered essential because each includes

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Primary Care Tools for Clinicians Lorraine Loretz, 2005-01-01 Designed to save time and assist busy practitioners this book guides standardized assessment and documentation of a patient's condition by providing ready to use forms that represent the gold standard of current practice

Perspectives in Cross-cultural Psychiatry Anna M. Georgiopoulos, Jerrold F. Rosenbaum, 2005 This volume presents cutting edge work in cross cultural psychiatry by an international group of clinicians researchers and leaders in mental health policy The book grew out of a recent lecture series at the Massachusetts General Hospital and features contributions from diverse fields including psychiatry psychology anthropology social work social medicine and public policy The first section highlights the implications of biological and cultural diversity for psychiatric diagnosis and treatment Subsequent sections focus on psychotherapy in cross cultural contexts and international mental health policy Chapters examine a variety of patient populations including Asian African and Hispanic Americans and populations in Europe and developing countries

What Works in Tackling Health Inequalities? Sheena Asthana, Joyce Halliday, 2006 Establishing what works in health inequalities policy how and why this book gives evidence of key targets for intervention through a detailed exploration of lifetime pathways and processes that are found to give rise to health inequalities

The Prevention of Mental Illness in Primary Care Tony Kendrick, Andre Tylee, Paul Freeling, 1996-05-30 Up to a third of patients obtaining primary care services are suffering from psychological problems and the primary health care team deals with the majority In this volume experts from a wide range of mental health care disciplines discuss issues ranging from primary prevention with identification of risk to early identification of problem symptoms and the effective management of long term mental illness With full reference to the current state of research emphasis has been given to practical measures that can be readily utilized in the primary care setting This handbook will serve as an invaluable resource for all those with interests in the protection and conservation of mental health

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