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# Depression In New Mothers: Causes, Consequences, And Treatment Alternatives



## Synopsis

Depression is the number one cause of maternal death in developed countries and results in adverse health outcomes for both mother and child. It is vital, therefore, that health professionals are ready and able to help those women that suffer from perinatal and postpartum depression (PPD). This book provides a comprehensive approach to treating PPD in an easy-to-use format. It reviews the research and brings together the evidence-base for understanding the causes and for assessing the different treatment options, including those that are safe for use with breastfeeding mothers. It incorporates a new psychoneuroimmunology framework for understanding postpartum depression and includes chapters on: negative birth experiences infant characteristics psychosocial factors antidepressant medication therapies such as cognitive behavioural therapy herbal medicine and alternative therapies suicide and infanticide. Invaluable in treating the mothers who come to you for help, this helpful guide dispels the myths that hinder effective treatment and presents up-to-date information on the impact of maternal depression on the health of the mother, as well as the health and well-being of the infant.

## Book Information

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## Customer Reviews

This book perfectly fills a gaping hole in the professional literature regarding depression in new mothers. Dr. Kendall-Tackett's exploration of the topic is comprehensive, well-cited, and recognizably accurate. Professionals and clinicians who work with new mothers will be exceptionally well-served to have this tremendous resource on their bookshelves. It is of such immediate practical

usefulness that they are likely to find that their copies are well-thumbed and dog-eared in short order. Diana West, IBCLC

If, like me, you work with women during the perinatal period, this book is an essential resource. As an expert in the field, Dr. Kendall-Tackett has the experience, the familiarity with the research, and the perspective to explain clearly to the rest of us what we need to know, and she does it in a clear, easy-to-understand format. In this book, she debunks common myths (for example, that postpartum depression is mostly hormonal), explains risk factors, assessment tools, and treatments--including both prescribed and herbal medications and their compatibility with breastfeeding. She also discusses possible long-term effects of both negative and traumatic childbirths and provides specific approaches for helping women process these experiences so that they can learn from them and move on. This is a book I will turn to often in my work. I highly recommend it!

This book is a "must" for any health care professional who works with new mothers. Dr. Kendall-Tackett cites research to back up every statement she makes. One might think that this would lead to a useful, though dry, book - but this is not the case. *Depression in New Mothers* is an interesting and valuable read. Highly recommended to anyone who helps new mothers in any way.

Depression is a common and normal response to major life stressors (including pregnancy, birth, and becoming a mother). This common illness has many negative consequences for the development and well-being of both mothers and their children. Because up to 20% of women will become clinically depressed in their first year postpartum, it is imperative that health care providers be able to identify women at risk of developing postpartum depression and refer them to the treatment they need and deserve. Thoroughly referenced and filled with the experiences of real women, Dr. Kendall-Tackett's excellent book, *Depression in New Mothers*, provides exactly the information needed to do this. As a mental health care provider who is also an International Board Certified Lactation Consultant, I cannot recommend this book highly enough.

This is a must have for any parenting library. Well researched advice and various options for depression. I wish I had this book before the birth of my son. This could literally be a lifesaver for someone!

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