

## Anxiety and Mood Disorders in the Postpartum Period

### Objectives

- Discuss epidemiology and causes of postpartum anxiety, depression, psychosis, and other psychiatric disorders
- List the common symptoms of psychiatric disorders that frequently occur in the postpartum period
- Identify diagnostic criteria, screening tools and treatment for postpartum anxiety, depression, psychosis, and other psychiatry disorder
- Review the interrelationship on how analgesic and anesthetic drugs can increase the risk of postpartum depression

### Content Outline

1. Psychiatric Disorders in the Postpartum Period
  - A. Types of disorders
  - B. Incidence and epidemiology
  - C. Diagnosis and screening tools
  - D. Treatment
  - E. Prognosis and recurrence
  - F. Factors that increase risk

### Reading Material Resources

**Module WB2304: Anxiety and Mood Disorders in the Postpartum Period** is based on the resources listed below. A copy of each resource is included with the module.

Postpartum Anxiety, Zappas, et al., *The Journal for Nurse Practitioners*, Elsevier, (2020), 60-64

The Effect of Analgesia and Anesthesia on Postpartum Depression, Heesen, et al., *Advances in Anesthesia*, Elsevier, 38 (2020), 157-165

Perinatal Psychiatry, Dias, et al., *Medicine* 48:12, Elsevier, 2020, 774-778