

### **Maternal Mental Health Quiz**

#### **True or false statements (please circle)**

1. Pregnancy is a happy time; pregnant women don't get depressed	True/False
2. Postnatal depression is less severe than other types of depression	True/False
3. Postnatal depression is entirely caused by hormonal changes	True/False
4. Postnatal depression will soon pass	True/False
5. Postnatal depression only affects women	True/False

## Quiz Answers

### True or false statements (please circle)

1. Pregnancy is a happy time; pregnant women don't get depressed	<p><b>False</b></p> <p>This is a huge misconception that prevents many new mums from seeking help sooner. When diagnosed with a mental health issue like Postnatal Depression (PND), the GP, health visitor or other healthcare professional will be focused on getting the mother better by offering medication and/or counselling. The aim of healthcare professionals is to keep families together. Perinatal mental health specialists will also often work with mums to help with bonding and attachment.</p>
2. Postnatal depression is less severe than other types of depression	<p><b>False</b></p> <p>In fact, it's as serious as other types of depression. The causes of depression at this time can be complex and are often the result of a combination of factors.</p>
3. Postnatal depression is entirely caused by hormonal changes	<p><b>False</b></p> <p>It's actually caused by many different factors. Most experts believe that PND is caused by a combination of factors. Biochemical and hormonal changes following childbirth may trigger postnatal depression, although the effect of these is still not clear. Hormonal changes that happen after having a baby can affect some women more than others.</p>
4. Postnatal depression will soon pass	<p><b>False</b></p> <p>Unlike the "baby blues", postnatal depression can persist for months if left untreated. In a minority of cases, it can become a long-term problem. In the days immediately following birth, many women experience the 'baby blues' which is a common condition related to hormonal changes and affects up to 80 per cent of women. The 'baby blues', or general stress adjusting to pregnancy and/or a new baby, are common experiences, but are different from</p>

	depression. Depression is longer lasting and can affect not only the mother, but her relationship with her baby, the child's development, the mother's relationship with her partner and with other members of the family.
5. Postnatal depression only affects women	<p><b>False</b></p> <p>In general, studies have shown that 1 in 10 dads/partners has PND and fathers/partners also appear to be more likely to suffer from depression three to six months after their baby is born than at any other time. In addition, following a traumatic birth, fathers/partners can be more prone to Post Traumatic Stress Disorder (PTSD) than mothers because they witness the trauma first-hand and can feel so helpless during the experience.</p>