



# Antenatal And Postnatal Depression

*Siobahn Curham*

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Pregnancy is often assumed to be a happy time in a woman's life. The prospect of having a baby together with the 'bloom' of pregnancy all combine to a general feeling of excitement and fulfillment. But it isn't always like this. It is estimated that approximately 1 in 10 mothers suffer from antenatal depression, where uncontrollable crying fits, mood swings and irrational fears dominate their pregnancy. And it doesn't just affect the mother: recent research has shown that antenatal depression can affect the fetus, in some cases causing low birth weight and premature delivery. Recent research has also shown that as many as a third of antenatal cases then go on to suffer from postnatal depression, which in itself affects 10 per cent of all new mothers. *Antenatal and Postnatal Depression* is a much-needed handbook for all mothers who suffer from ante- and/or postnatal depression, reassuring sufferers that they are not alone. It looks into the possible causes, offers practical advice and support and contains a Foreword by the Director of the Fetal and Neonatal Stress Research Centre at Queen Charlotte's Hospital, Dr Vivette Glover.

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