

Postpartum depression disorder:  
A Hidden Epidemic?



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PROBLEM

Hiding the fact of having PPD

PURPOUSE

Awareness of postpartum depression disorder

RESEARCH QUESTION

Do 20% of mothers have problems with PPD?

AVAILABLE VARIABLE

Women gave birth

ANALYSIS

Prevalence

- ❖ Approximately 70% to 80% of women will experience, at a minimum, the ‘baby blues’.
- ❖ One recent study found that 1 in 7 women may experience PPD in the year after giving birth.
- ❖ With approximately 4 million live births occurring each year in the United States, this equates to almost 600,000 postpartum depression diagnoses (15%).
- ❖ According to the World Health Organization, approximately 10-20% of women suffer from postpartum depression.



**What do you think, are the numbers of women suffering from PPD lower or higher than 10-20%?**



## About the study

<https://docs.google.com/forms/d/1Bb8TelBmsYMK5A2mWzLjd62RM2nW-qwYC0aZTHxzRmI/edit>

# Postpartum Depression





# RESULTS

Overall, 56 women answered for the questionnaire:

18-27 years old – 1 person;

28-37 – 25 people;

38-49 – 28 people;

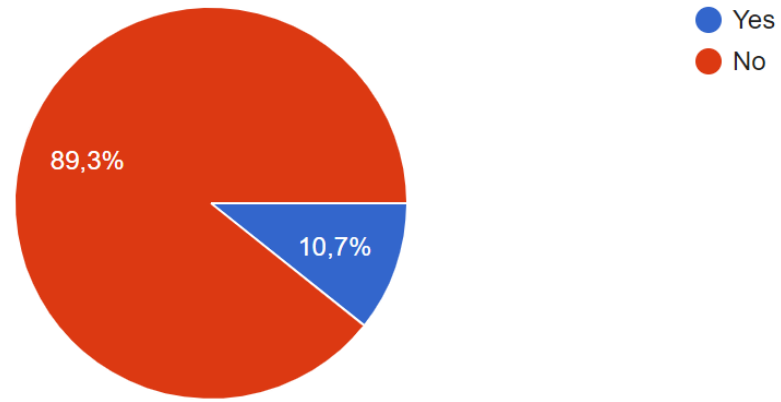
50+ 2 people.

# PREVALENCE

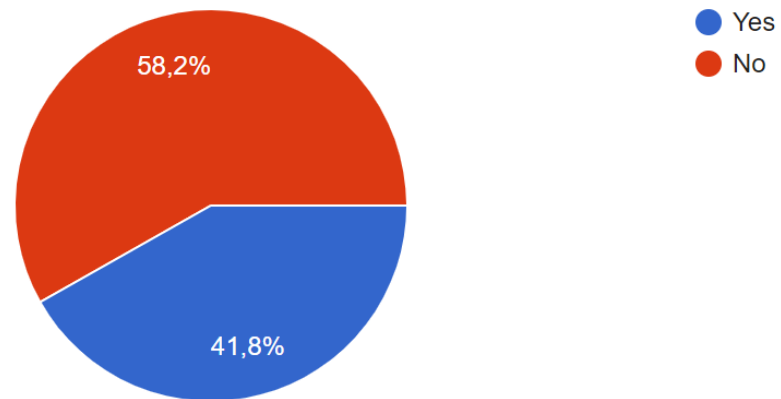
10,7% of women were officially diagnosed with PDD

41,8% of women said that they concealed the fact that they had depression after the childbirth.

Have you ever been diagnosed with Postpartum depression disorder?



Have you ever concealed the fact that you had a depression after the childbirth?





## Stigmatization



A woman is shown from the chest up, holding a baby. The image is dimmed and serves as a background for the text.

*Part of  
taking care  
of your baby  
is taking  
care of  
yourself.*

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**There's no way to  
be a perfect mother  
and a million ways to  
be a good one.**

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JILL CHURCHILL

A woman is shown in a yoga pose, standing on one leg with arms extended. The image is dimmed and serves as a background for the text.

POSTPARTUM IS A  
QUEST BACK TO  
YOURSELF. ALONE IN  
YOUR BODY AGAIN. YOU  
WILL NEVER BE THE  
SAME.

**YOU ARE  
STRONGER  
THAN YOU  
WERE.**

— Amethyst Joy

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Thank you for  
your attention!

Any questions?

