



Depression in New Mothers: Causes, Consequences, and Treatment Alternatives

Kathleen A. Kendall-Tackett

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Depression is the most common complication of childbirth and results in adverse health outcomes for both mother and child. It is vital, therefore, that health professionals be ready to help women who have depression, anxiety, or posttraumatic stress disorder in the perinatal period.

Now in its third edition, *Depression in New Mothers* provides a comprehensive approach to treating postpartum depression 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 breastfeeding mothers. It incorporates research from psychoneuroimmunology and includes chapters on:

- assessing depression
- mother-infant sleep
- traumatic birth experiences
- infant temperament, illness, and prematurity
- childhood abuse and partner violence
- psychotherapy
- complementary and integrative therapies
- community support for new mothers
- antidepressant medication
- suicide and infanticide.

This most recent edition incorporates new research findings from around the world on risk factors, the use of antidepressants, the impact of breastfeeding, and complementary and integrative therapies as well as updated research into racial/ethnic minority differences. Rich with case illustrations and invaluable in treating mothers in need of help, this practical, evidence-based guide dispels the myths that hinder effective treatment and presents up-to-date information on the impact of maternal depression on the mother and their infants alike.

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