



UW Medicine

产后抑郁症及其他

产后情绪障碍

一些新妈妈有“产后情绪低落”或更严重的产后情绪障碍。本章提供一些建议使您感觉舒畅些、以及伴侣，家人和朋友可以如何来帮助您。在本章末尾，我们列出了许多本地的资源。

对于大多数女性而言、生孩子与她们一生中的其他任何事件都不一样。婴儿出生后、父母双方都会感到兴奋、喜悦、焦虑、困惑、爱心和恐惧。如这是您的第一个孩子、您的世界就改变得与以前都不一样了。即使您还有其他孩子、每个新婴儿的出生也会给家庭带来许多情绪上的反应和生活上的适应。

在您宝宝出生前的几个月中、大部分精力都放在您、和不断变化的身体以及您宝宝在您的体内成长。您和您的伴侣可能会花费很多时间来计划您的分娩。您可能会注意到其他新的父亲和母亲带着他们的孩子、梦想着自己很快就将成为父母。

分娩后情绪的变化

但是、大多数妇女及她们的伴侣并不知道、对一些新父母来说、忧伤、恐惧、紧张、和忙乱之类的感觉很可能会掩盖了爱心和快乐的情绪。

医疗保健提供者可能对分娩后可能产生的情绪没有多做解说。大多数时候、他们不想吓到准父母。

但是、**50%至80%**的新父母（**100名中的50至80名**）患有“产后情绪低落”、而**20%**的新母亲（**100名中的20名**）患有更严重的产后情绪障碍。



对于一些新妈妈来说、孩子出生的快乐可能会被悲伤、恐惧、焦虑和不知所措的感觉所代替。



产后情绪低落是很常见的。约有**50%至80%**的新妈妈受它们的影响。

对过去曾患有焦虑、抑郁或其他情绪障碍的妇女发生产后情绪障碍的风险更高。

了解这些问题并找到讨论这些问题的途径是非常重要的。您可以为自己做的最有益的事就是把它们大声说出来、并与您可信任的人和可以帮助您的人分担您的疑虑。如您的伴侣、密友、您的医护人员、护士或社工人员。把恐惧或消极的思想和感情闷在自己心里、可能会使情况变得更严重。

本章为您介绍产后抑郁症、和其他产后可能需要更多关注的情绪问题。您的医护提供者是倾听您症状的最佳人选。她们可以确定您的状况以及最佳的治疗方法。**产后情绪障碍是可以治疗的。得了帮助后、您很快就会好起来的。**

产后情绪低落

产后情绪低落约影响了**50%至80%**的新妈妈（**100**名妈妈中有**50**到**80**名）。从分娩到婴儿出生后的前两周、任何时候都可能出现症状。

这种常见情况不是产后适应障碍。产后情绪低落主要是由于母亲体内荷尔蒙的突然变化、以及作为新母亲、对照顾一个如此依赖她的婴儿而感到不知所措。症状可能包括：

- 情绪的波动
- 哭泣
- 没法专心
- 睡不好
- 疲乏
- 饮食过多、过少或对食物有焦虑感

产后情绪低落可能会持续数小时或长达**2**周。依靠良好的身体护理、有力的情感支持以及对这种情况的了解、这些症状通常会自行消失。

即使在最初的两周内、如您对这些症状感到不知所措、它们影响到您照料婴儿的能力、或您的症状变得较差、甚至会出现更严重的后果。如经历到这种情况、请联系您的医护人员。



产后抑郁症的妇女可能精力低落和其他抑郁症状。

产后抑郁症

产后抑郁症是一种更为严重的疾病。它可以在分娩后的任何时间开始、但通常发生在婴儿出生后 2 周到 1 年之间。这种疾病和其他一些失常会影响到 **20%** 的新父母（**100 名中的 20 名**）、包括父亲和收养婴儿的父母。

如您担心自己或认识的某人可能患有产后情绪障碍、请致电您的医护提供者或心理健康专家。

患有产后抑郁症的女性常常会说她们“感到招架不住”。患产后抑郁症的妇女通常会出现许多上述产后情绪低落的一些症状。她们可能有低能量和抑郁症状、或者她们可能会过度活跃和易怒。她们也可能会说：

- 无论做什么、我都无法停止沮丧。
- 我每天至少哭一次、有时我没法停止哭泣。
- 我大部分或全部的时间都感到难过。
- 我无法集中精神。
- 以前喜欢的事情现在我都不喜欢了。
- 我对婴儿或其他家庭人有恐惧的想法。
- 即使我的宝宝睡觉了、我也没法入睡。
- 我总觉得自己很失败。
- 我没有精力。我一直都很疲倦。
- 我没有食欲、对食物失去兴趣。
- 我就想吃糖和碳水化合物、并且一直控制不住地吃东西。
- 我不记得已经多久没笑过了。
- 最近每件小事都会让我感到烦躁。我甚至生宝宝的气。我经常生我伴侣的气。
- 未来似乎无望。
- 看来我会永远这样下去。
- 有时候我觉得自己不如死了倒好。



产后抑郁症可以随时开始、直到宝宝出生后大约一年。

产后焦虑

产后焦虑可能与产后抑郁症同时发生。这通常是宝宝出生后 2 周到 1 年。产后焦虑症的症状包括：

- 无法集中精神
- 怕出门
- 怕独自一人自处
- 感觉受困
- 有罪恶感
- 易怒
- 没法入眠
- 时时担心婴儿的健康
- 生气或发怒
- 心跳加速
- 头昏
- 呼吸急促（呼吸非常快、无法停止）
- 针扎或发麻的感觉
- 恶心或呕吐
- 肌肉紧缩
- 腹泻

恐惧或侵犯性思想

产后情绪障碍的母亲可能会有恐惧的想法。她可能会充满宝宝会受伤害的念头、例如：“如我让她掉到窗外怎么办”或“错把她放在微波炉里了怎么办”。“也许我的孩子有了很严重的问题”。“我是一个可怕的母亲。我的孩子应该有一个不同的母亲”。

有时这些想法是一直在脑海里。它们可能还会加上一些仪式性动作的；如：

- 一次又一次、不时地查看宝宝
- 去查看家里的刀有没有遗失、或把家里所有的刀都丢弃
- 查巡家里的安全、有没有锁门等等



让您的伴侣知道您的感受

这些行为通常会破坏家庭的正常运作。大多数妇女会意识到这些想法和行为是由于她们的思想、而不是真实的。但是、少数女性可能会相信自己的这类想法、或者认为某个人正在指使她做这些事。如发生这种情况、那就比较严重了。请**立即**致电您的医护人员。

请记住最重要的是与您所信任的人（例如您的伴侣、密友或医护提供者）谈谈您的想法和感受、以便他们可以为您提供所需的帮助。如您有这些症状请致电心理健康服务。

可以做些让您舒释的事

以下列出了一些可以减轻产后情绪低落或抑郁和焦虑症状的方法。俗语说：“一盎司预防胜于一磅治疗。”

您可能感觉不舒服无法做很多或任何这些事情。但是、您确实拥有获取帮助和自我帮助的能力。

- 尽可能地在宝宝睡觉时、自己也休息。
- 吃的好。
- 避免咖啡因和酒。
- 将您自己的需求放在首位。
- 避免严格或一成不变的时间表。
- 避免做太多事情。
- 目前不要对自己要求过高。
- 跟自己说有些负面的想法是可以的。
- 筛选电话。不要接听您不想通话的人的电话。设定访客限制。
- 不要拿自己与他人相比。
- 不要责怪自己。
- 避免与使您感到不舒服的人在一起。与您无法避免的人设定界限。
- 对向太多人寻求建议要谨慎。只对您信得过的人倾述。
- 尽力而为。即使感觉自己还做得不够、但基于目前的状况其实也足够了。
- 相信您的直觉。

- 不论您只有一个宝宝、还是已经做了几个孩子的母亲、每个婴儿都是不一样的。对自己要有耐心。您不但可以承担得起、并且会很成功。

安排属于自己的时间

- 出去走走。
- 医生说可以了、就泡泡澡。
- 给自己设定一些小小的目标。
- 服用医护人员开的所有药物。
- 不要闷在家里。
- 提醒自己所有适应都需要时间的。

与您的伴侣合作

- 让您的伴侣知道您的感受。
- 感谢您的伴侣为您提供帮助。
- 让您的伴侣了解您的需求。他们可能并不知道。
- 鼓励您的伴侣寻求朋友的支持和参与外界的活动。

接受帮助

- 确定那些是现在需要做的、那些是可以等的。
- 我们许多人很难接受他人的帮助。但要知道您可以：
 - 要求家人帮忙做您通常要做的家务事。
 - 列出每日和每周的任务。把最重要的事放在列表的顶部。让您的亲朋好友选择他们的任务-他们可以选多件事情。
 - 去看辅导、服用药物或两者兼并。与您的医护提供者、护士或社工讨论这些选择。

给伴侣、家人和朋友的一些提示

这是一些对有产后情绪障碍、正在苦苦挣扎的母亲说的有帮助的话语例子。它们可以帮助她了解您对她的关心、并了解她的经历。这里首先列出一些可以说的话语、之后是一些不应说的话语。



对于正在处理产后情绪障碍的妇女及其伴侣、有很多有用的资源。

请告诉她：

- 您了解她感觉很低沉。
- 她就会好起来的。
- 她做的都很好、（譬如看辅导或服用药物）都可帮助她好起来。
- 虽然她自己很低落、但她是个好妈妈。
- 即使做错了、也没什么。事情不一定要做到十全十美。
- 您知道她现在已经有多努力了。
- 您会帮忙照顾婴儿和家务事。让她知道她需要时可请您来帮忙。
- 您知道她已经尽力了。
- 您爱她。
- 她的宝宝会很好的。

请别跟她说：

- 她应该克服这些情绪。
- 您对她这种情绪低潮已经很厌烦了。
- 这应该是她一生中最快乐的时光。
- 您比较喜欢从前的她。
- 她会很轻易地振作起来。
- 她只要这样/那样做就会好了：去/不去上班；应该/不应该出去走动、还是应该/不应该多呆在家里等等。
- 她应该减肥、染染头发、买些新衣服。。。等等。
- 所有新妈妈都有这种感觉。
- 这不过是个阶段。
- 既然她要个小孩、就得经历这些。
- 您知道她很坚强，自己就可以克服困难的，并不需要什么帮助。

社区有很多的协助

对于正在经历产后情绪障碍的妇女和她们的伴侣、社区有许多有用的资源。这里仅仅列出一部份的资讯：

- **华盛顿围产期支持 (Perinatal Support Washington)**
888.404.7763, perinatalsupport.org
提供母亲对母亲的支持、支持小组、治疗师、导乐和讲习班。
- **24 小时危机诊所 (24-Hour Crisis Clinic)**
866.427.4747
提供感情的支持及转介。
- **西北产后支持协会 (Northwest Association for Postpartum Support (NAPS))**
206.956.1955, www.napsdoulas.com
- **“这不是我所期望的! -- 新家庭情感关怀支援小组” (This Is Not What I Expected! Emotional Care for New Families Support Group)**
425.899.3602, Evergreenhealth.com
针对母亲伴侣及其家人的免费产后情绪障碍支持小组。欢迎带婴儿来 (由母亲决定)。请来电查询时间和日期。
- **泉源家庭服务 (Wellspring Family Services)**
208.826.3050, Wellspringfs.org
1900 Rainier Ave. South, Seattle, WA 98144
育儿支持、辅导
- **辅导:**许多患有产后情绪障碍的患者发现与辅导员交谈会很有帮助。请与您的医疗提供者、护士或社工咨询并要求转介看辅导员。

您有疑问吗?

我们很重视您的提问。如对产后忧郁症有疑问、请与您的医护提供者讨论。

在这章里提供的资讯可能也有帮助。

现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

Baby Blues and More

Postpartum mood disorders

Some new mothers have “baby blues” or more serious postpartum mood disorders. This chapter gives ideas for things you can do to feel better, and for how partners, families, and friends can help. We list many local resources at the end of this chapter.

For most women, having a baby is unlike any other event in their life. Both parents can feel excitement, joy, anxiety, confusion, love, and fear after the birth of their baby. If this is your first baby, your world will change as it never has before. Even if you have other children, the birth of each new baby brings many emotions and adjustments for the family.

In the months before your baby is born, most of the focus is on you, your changing body, and your baby growing inside of you. You and your partner may spend hours planning for your labor and birth. You may notice new mothers and fathers with their babies and dream of soon being a parent yourself.

Emotional Changes After Giving Birth

But, most women and their partners do not know that for some new parents, the love and happy emotions may be overshadowed by feelings such as sadness, fear, anxiety, and overwhelm.

Healthcare providers may not say much about the emotions that can arise after giving birth. Most times, they do not want to scare the parents-to-be.

But, 50% to 80% of new parents (50 to 80 out of 100) have “baby blues,” and 20% of new mothers (20 out of 100) have a more serious postpartum mood disorder.



For some new mothers, the joy of having a baby may be replaced by feelings of sadness, fear, anxiety, and overwhelm.



Baby blues are common. They affect about 50% to 80% of new mothers.

Women who have had anxiety, depression, or other mood disorders in the past are at higher risk for having postpartum mood disorders.

It is very important to learn about these issues and find ways to talk about them. The best thing you can do for yourself is to speak up and share your concerns with someone you trust and who can get you help. This may be your partner, a close friend, your provider, nurse, or social worker. Holding in scary or negative thoughts and feelings may lead to a more serious situation.

This chapter explains baby blues and other postpartum mood problems that may need more attention. Your provider is the best person to listen to your symptoms. Your provider can determine what condition you may have and the best way to treat it.

Postpartum mood disorders can be treated. With help, you will soon feel better.

Baby Blues

Baby blues affect about 50% to 80% of new mothers (50 to 80 out of 100). Symptoms can occur anytime from birth through the first 2 weeks after giving birth.

This common condition is not a postpartum adjustment disorder. Baby blues are mostly caused by the sudden change in the mother's hormones and feeling overwhelmed about being a new parent of a baby who is so dependent on her. Symptoms may include:

- Mood swings
- Crying
- Trouble concentrating
- Difficulty sleeping
- Fatigue
- Eating too much, too little, or having anxiety about food

Baby blues may last a few hours or as long as 2 weeks. With good physical care, strong emotional support, and knowing about this condition, these symptoms usually go away on their own.

Even during the first 2 weeks, if you are overwhelmed by these symptoms, they interfere with your ability to care for your baby, or your symptoms are getting worse, something more serious may be going on. Call your provider if this happens to you.



Women with postpartum depression may have low energy and other symptoms of depression.

Postpartum Depression

Postpartum depression is a more serious condition. It can start anytime after delivery, but most often it occurs from 2 weeks up to 1 year after the baby's birth. This and some of the other disorders can affect 20% of new parents (20 out of 100), including fathers and parents who have adopted a baby.

If you are worried that you or someone you know may have a postpartum mood disorder, call your provider or a mental health specialist.

The most common thing women with postpartum depression say is that they "feel overwhelmed." Women with postpartum depression usually have many of the symptoms listed under baby blues. They may have low energy and depression symptoms, or they may be hyperactive and irritable. They may also say things like:

- I can't stop feeling depressed, no matter what I do.
- I cry at least once a day and sometimes I can't stop.
- I feel sad most or all of the time.
- I can't concentrate.
- I don't enjoy the things I used to enjoy.
- I have frightening thoughts about the baby or other family members.
- I can't sleep, even when my baby sleeps.
- I feel like a failure all of the time.
- I have no energy. I feel tired all of the time.
- I have no appetite and no enjoyment of food.
- I am having sugar and carbohydrate cravings and compulsively eating all the time.
- I can't remember the last time I laughed.
- Every little thing gets on my nerves lately. I am even furious with my baby. I am often angry with my partner.
- The future seems hopeless.
- It seems like I will feel this way forever.
- There are times when I feel I would be better off dead than to feel this way.



Postpartum depression can start anytime up until about a year after your baby's birth.

Postpartum Anxiety

Postpartum anxiety can occur at the same time as postpartum depression. This is usually 2 weeks to 1 year after the birth of your baby. Symptoms of postpartum anxiety include:

- Unable to concentrate
- Afraid to go out
- Fear of being alone
- Feeling trapped
- Guilt
- Irritability
- Unable to sleep
- Constant fears for baby's health
- Anger or rage
- Rapid heartbeat
- Dizziness
- *Hyperventilating* (breathing very fast, not able to stop)
- Tingling or numbness
- Nausea or vomiting
- Muscle tension
- Diarrhea

Scary or Intrusive Thoughts

A mother with a postpartum mood disorder may have scary thoughts. She may be flooded with thoughts about harm coming to her baby, such as, "What if I drop her out of the window" or "put her in the microwave." "Maybe there is something seriously wrong with my baby." "I am a terrible mother. My baby should have a different mother."

Sometimes these thoughts are constant. They may go along with a ritual such as:

- Constantly checking and re-checking the baby
- Checking to make sure no knives are missing or getting rid of all the knives in the house
- Doing safety checks on the house and locks



Let your partner know how you are feeling.

These behaviors are often disruptive to how a family functions. Most women will realize these thoughts and behaviors are due to their situation, and are not real. But a small number of women may believe their thoughts, or believe that someone outside of herself is telling her to do things. If this happens, it is much more serious. Call your provider **right away** if this happens.

The most important thing to remember is to share your thoughts and feelings with someone you trust, such as your partner, close friend, or provider, so they can get you the help you need. Call mental health services if you have any of these symptoms.

Things You Can Do to Feel Better

Below is a list of things you can do to lessen the baby blues or symptoms of depression and anxiety. As the saying goes, “An ounce of prevention is worth a pound of cure.”

You may not feel well enough to do many or any of these things. But, you do hold the power to get help and to help yourself.

- If you can, rest when your baby sleeps.
- Eat well.
- Avoid caffeine and alcohol
- Make your needs a priority.
- Avoid strict or rigid schedules.
- Avoid overdoing.
- Do not expect too much from yourself right now.
- Tell yourself it’s OK to have negative feelings.
- Screen phone calls. Do not answer calls from people you don’t want to talk to. Set limits with visitors.
- Try not to compare yourself to others.
- Do not blame yourself.
- Avoid being with people who make you feel bad. Set boundaries with people you cannot avoid.
- Be careful about asking too many people for advice. Confide in someone you trust.
- Do the best you can. Even if it doesn’t feel like enough, it’s enough for now.

- Trust your instincts.
- Whether you have just 1 baby or are a mother of many children, every baby is different. Be patient with yourself. You will survive and succeed.

Make Time for You

- Take a walk.
- Take a bath, once your provider says it's OK.
- Set small goals for yourself.
- Stay on all medicines your provider has prescribed.
- Get out of the house.
- Remind yourself that all adjustments take time.

Partner with Your Partner

- Let your partner know how you are feeling.
- Thank your partner for helping you.
- Let your partner know what you want and need from them. They may not know.
- Encourage your partner to seek support from friends and outside activities.

Accept Help

- Decide what needs to be done and what can wait.
- It is very hard for many of us to accept help. Know that you can:
 - Ask family members to do household tasks you usually do.
 - Make a list of daily and weekly tasks. Put the most important tasks at the top of the list. Let your friends and family choose their tasks – they may do more than one!
 - Get counseling, medicine, or both. Talk with your provider, nurse, or social worker about these options.

Helpful Tips for Partners, Families, and Friends

Here are examples of helpful things to say to a mother who is struggling with a postpartum mood disorder. They can help her know you care and that you understand what she is going through. After the first list of things to say is a list of things NOT to say.



There are many helpful resources for women and their partners who are dealing with postpartum mood disorders.

DO tell her:

- You know she feels terrible.
- She will get better.
- She is doing all the right things to get better (such as counseling or medicines).
- She can feel terrible and still be a good mother.
- It's OK to make mistakes. Things don't need to be done perfectly.
- You know how hard she's working at this right now.
- You will help with the baby and chores. Let her know she can ask for your help when she needs it.
- You know she's doing the best she can.
- You love her.
- Her baby will be fine.

Do NOT tell her:

- She should get over this.
- You are tired of her feeling this way.
- This should be the happiest time of her life.
- You liked her better the way she was before.
- She'll snap out of this.
- She would feel better if only: she were working or not working, got out of the house more or stayed home more, etc.
- She should lose weight, color her hair, buy new clothes, etc.
- All new mothers feel this way.
- This is just a phase.
- Since she wanted a baby, this is what she has to go through.
- You know she's strong enough to get through this on her own and she doesn't need help.

There Is a Lot of Help Out There

There are many helpful resources for women and their partners who are dealing with postpartum mood disorders. Here are just a few:

- **Perinatal Support Washington**
888.404.7763, perinatalsupport.org
Mother-to-mother support, support groups, therapists, doulas, and workshops.
- **24-Hour Crisis Clinic**
866.427.4747
Emotional support and referrals.
- **Northwest Association for Postpartum Support (NAPS)**
206.956.1955, www.napsdoulas.com
- **This Is Not What I Expected! Emotional Care for New Families Support Group**
425.899.3602, Evergreenhealth.com
Free postpartum mood disorder support group for mothers, partners, and their families. Infants are welcome (mother's choice). Call for time and date.
- **Wellspring Family Services**
208.826.3050, Wellspringfs.org
1900 Rainier Ave. South, Seattle, WA 98144
Parenting support, counseling
- **Counseling:** Many patients who have postpartum mood disorders find it helpful to talk with a counselor. Please talk with your healthcare provider, nurse, or social worker for a referral.

Questions?

Your questions are important. If you have questions about postpartum mood disorders, talk with your healthcare provider.

The resources in this chapter may also be helpful.

Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.