

BABY BLUES VS POSTPARTUM DEPRESSION

Postpartum Depression (PPD) can be differentiated from the baby blues by **timing, duration, and/or severity.**¹⁻⁷

ONSET AND DURATION

| Baby Blues | Postpartum Depression |
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| Generally peaks within first few days post-delivery and resolves without treatment within 2 weeks. ^{3,7} | Expert opinions vary as to the timing and onset of PPD. For example, symptoms can begin: <ul style="list-style-type: none"> • During pregnancy or following childbirth up to 4 weeks (DSM 5)² • During pregnancy or following childbirth up to 12 months (ACOG)⁸ |

PREVALENCE

| Baby Blues | Postpartum Depression |
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| Estimated to affect up to 80% of women after childbirth. ^{3,10} | In the US, estimates of new mothers identified with PPD each year vary by state from 8-20%, with an overall average of 11.5%. ¹¹ |

SYMPTOMS

While symptoms of the baby blues can overlap with those of PPD, they typically^{3,10,11}:

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|---|------------------------------------|
| 1. Are generally less severe | 2. Are shorter in duration |
| 3. Do not interfere with daily activities | 4. Do not impair maternal function |

| Baby Blues ^{3,12} | Postpartum Depression ^{7,13} |
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| <ul style="list-style-type: none"> • Sadness • Irritability • Frequent crying • Insomnia • Anxiety • Mood swings • Anger • Fatigue | <ul style="list-style-type: none"> • Feeling sad, hopeless, empty or overwhelmed • Trouble concentrating • Losing interest in activities that are usually enjoyable • Feeling, moody, irritable, or restless • Experiencing anger or rage • Thoughts of harming herself or baby • Anxiety in the form of intrusive or obsessive thoughts about the baby • Insomnia or hypersomnia • Crying more often than usual or for no apparent reason • Worrying or feeling overly anxious |

NEXT STEPS:

- Talk to your health care provider for screening using a validated screening tool⁸
- Ask your provider about referral to Evergreen Health Perinatal Mood Disorder Program
- For peer support, Perinatal Support WA offers a WARM Line in English and Spanish. 1-888-404-7763 or email at WARMLine@perinatalsupport.org
- In person peer support offered through Evergreen Health group: This is Not What I Expected. Drop in 1st and 3rd Tuesday of each month, 7-9pm at Evergreen Health Medical Center Room Tan 134.

If in crisis, please visit your nearest emergency room and/or call the National Suicide Prevention Lifeline at 1-800-273-8255

You are not alone. You are not to blame. With help, you will be well.

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