

Bölüm 23

Perinatal Depresyon



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Giriş

Perinatal dönemde depresyon, yalnızca bir kadının kendi yaşam kalitesini ve annelik deneyimini değil aynı zamanda bebeğini, diğer çocuklarını, eşini ve etrafındaki herkesi etkileyen ağır bir tablodur. Tıbbi yardım veya tedavi olmadığına preeklampsi, düşük doğum ağırlığı veya intihar gibi ağır sonuçlara neden olabilmektedir.

Perinatal dönemde depresyon belirtilerinin gözden kaçırılmaması için kadın hastalıkları ve doğum alanında çalışan sağlık personelinin konuyla ilgili güncel bilgiye sahip olması oldukça önemlidir.

Tanım olarak perinatal depresyon; gebelikte (antenatal depresyon) veya doğum sonrası ilk 12 ay içinde (postpartum depresyon) ortaya çıkan depresyon dönemlerini ifade etmektedir. Postpartum dönemin ifade ettiği zaman aralığı için doğumdan sonraki ilk dört hafta ile ilk on iki ay arasında farklı tanımlar bulunmaktadır [1, 2].

Epidemiyoloji

Depresyon dünya genelinde yaklaşık 300 milyon kişiyi etkileyen yaygın bir psikiyatrik bozukluktur [3]. Depresyon, aynı zamanda yeti yitimine yol açan en önemli hastalıkların da başında gelmektedir [4]. Major depresyon kadınlarda erkeklere göre daha yaygın olarak görülmektedir. Kadınlarda major depresyon

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