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## Slide 2: Myth and Reality

Myth   
Hormones released during pregnancy protects women from psychological order and fosters a period of well-being.   
Reality   
20% women suffer from anxiety disorders and severe mood swings during the prenatal period whether or not a person has a history of mental illness, depression and anxiety disorder.

## Slide 3: Biological Changes

- Hormonal   
- Increased Level of Estrogen for fetus and mild ducts development and breast enlargement.   
- Side effect – Nausea and depression   
- Increased level of Progesterone for Uterus development   
- Side effects – weight gain, skin pigmentation and water retention.   
- Other Changes   
- Vision Changes   
- Taste and Smell Changes   
- Stretch Marks   
- Mole and freckle changes   
- Rashes and boils.   
- Increased metabolism   
- High pressure

## Slide 4: for Psychological Problems

- Hormonal changes   
- Increased level of Estrogen and Progesterone can cause depression.   
- Weight gain and body deformity can cause   
- Low self esteem   
- Fear of losing the baby (miscarriage), possible complications during pregnancy and uncertainty about motherhood   
- Depression and fear.

## Slide 5: Barrier to Psychological Treatment

- Pregnant women have more faith on parents, husband and friends than on doctors/psychiatrist   
- Anti-depressants are harmful for the development of the fetus.   
- Counselling is the only way to seek treatment.

## Slide 6: References

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