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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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