

Emotional and physical symptoms of depression during pregnancy and different ways...

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Research Proposal The objectives of this research is highlighting the appropriate treatment measures that pregnant mothers should use to reduce the challenges they face due to pregnancy depression. Cases of pregnant mothers suffering from depression and stress are likely to reduce in the events of increased awareness of the contributing factors of stress and the necessary measures to curb them. Women with moderate depressions can manage these symptoms with psychotherapy, support groups, and light therapy. Although these measures help in managing pregnancy depression, pregnant mothers have the responsibility of choosing the best treatment. While most pregnant mothers use antidepressants to manage prenatal and postnatal depression, this study proposes other significant measures that can do better than antidepressants. The method for this research is a mixed method approach. The qualitative part of the study is observation and interviews while the quantitative part is considering the number of patients presenting symptoms in different health centers for a period of one year. Statistical analysis of the data obtained would help in determining the prevalence of depression in pregnancy.

Contents

Context of the study

There is evidence suggesting that women have a higher prevalence of suffering from depression during pregnancy. The fact that this presents adverse effects to the mothers places emphasis on the need for addressing the issue. Cases of pregnant mothers suffering from depression and stress are likely to reduce in the events of increased awareness on the contributing factors of stress and the necessary measures to curb them. In order to solve

this, the health sector should find appropriate treatment for pregnancy depression. Pregnancy depression refers to a mental situation of pregnant mothers, whereby they are sad and feel they do not want to do anything. The present research paper will aid in highlighting the common symptoms of pregnancy depression and the appropriate treatment measures that pregnant mothers should take into account to address this problem.

Problem statement

Accordinging to the World Health Organization, pregnancy depression is currently an epidemic affecting many mothers across the world. Most pregnant mothers are highly affected by prenatal and postnatal depression. Since pregnancy depression is not “ protective”, adequate treatment is necessary for pregnant mothers. Most pregnant mothers do not understand the necessary appropriate measure to address this issue and therefore, this field needs further research to educate mothers on how to cope with such condition. Women with moderate depressions can manage these symptoms with psychotherapy, support groups, and light therapy. Subsequently, the research identifies various symptoms that are witnessed such as stress factors (Katherine & Wisner, 2009).

Considering that depression during pregnancy may pose serious problems to the mother, the issue needs urgent addressing. Therefore, this is the only way to ensure that expectant mothers are not exposed to intense dangers that may emanate from depression and stress. Treatment of pregnancy depression is a substantial public concern. During pregnancy, most researches reveal that a great number of mothers may be living in depression and failing to realize. . The intensive researches engage people to

understand the problems that expectant mothers face during their prenatal or postnatal periods. Additionally, pregnancy depression needs a lot of concern since it also affects the life of the infant. There is need of pregnant mothers to engage themselves in the above mention approaches to reduce depression during pregnancy.

The purpose of the study

The goals and objectives of this research are to identify various methods through which the society may be capable of defining the presence of stress and depression in pregnant mothers. Secondly, the study enables scholars to assess different methods of treating pregnant women facing such conditions, and determine which of the intervention techniques is effective.

Research question

Qualitative question- how does psychotherapy, support groups, and light therapy aid to address the issue of pregnancy depression?

Quantitative question- will psychotherapy, support groups, and light therapy reduce pregnancy depression affecting pregnant mothers.

Hypothesis

Cases of pregnant mothers suffering from depression and stress are likely to reduce in the events of increased awareness on the contributing factors of stress and the necessary measures to curb them (p. 54).

Significance of the study

Therefore, can we effectively change pregnancy depression issues by teaching pregnant mothers on the effective measures to take into account during the prenatal and postnatal periods? This is what my study seeks to show, and I have found many sources that have helped to support my

theory. The study comes up with some appropriate approaches that pregnant mothers should engage in. These approaches include psychotherapy, support groups, and light therapy. These approaches can highly help pregnant mothers to cope with the challenges of pregnancy depression.

Limitation of the study

The study has both qualitative and quantitative limitations. The quantitative limitations of this study will be related to the size of the research sample and how pregnant mothers will respond to my research. In order to be certain of the varied symptoms, a reliable sample size is a critical consideration. On a small scale, identification of a health center that handles a considerable number of antenatal cares would be the initial step. The qualitative limitations of the study will be whether the pregnant and health officials will provide me with all the necessary information needed for the completion of the research.

Delimitations of the study

The following will be the scope of this study. The research will highly focus on pregnant mothers, the depressed, and health workers. The aim of this study will be to establish the appropriate measures that pregnant mothers should take to cope with the challenges of depression. The sample would consist of health workers to support the research venture, as well as seeking consent from the patients.

Work cited

Katherine L. & Wisner, MD. (2009). Pharmacologic Treatment of Depression

During Pregnancy. American Medical Association. Retrieved on 12th February 2014, from: <http://jama.jamanetwork.com/article.aspx?articleid=191970>