



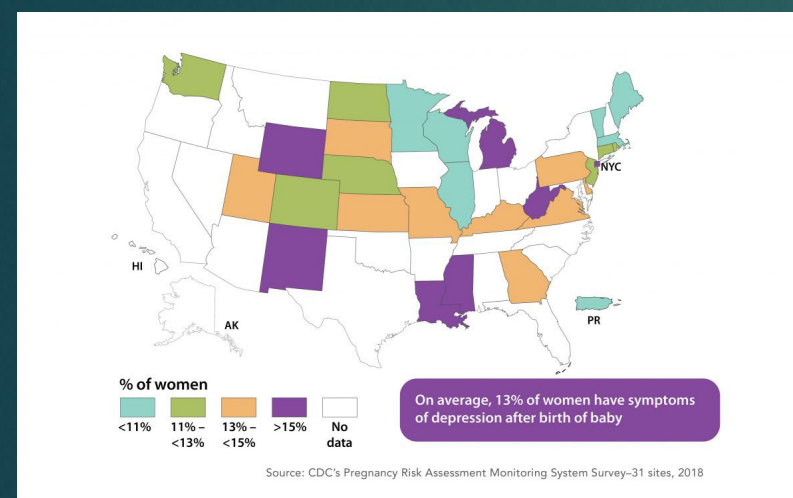
The Effects of Exercise on Postpartum Depression

Greyson Whaley



Introduction

- ❖ Postpartum depression is a medical illness that some women experience after delivering an infant where the mother will feel a combination of physical, emotional, and behavioral changes (Bruce, 2020)
- ❖ Postpartum depression generally starts 4-6 weeks after childbirth due to hormonal changes, showing 5 main depressive symptoms:
 - ❖ Sad/unhappy mood
 - ❖ Lack of interest in daily activities
 - ❖ Appetite/sleep disturbances
 - ❖ Fatigue
 - ❖ Suicidal ideation (Lee, 2015)
- ❖ Postpartum depression causes unhappiness or damaging disharmony to the mother/child bond, marriage, and family dysfunction (Lee, 2015).



(CDC, 2020)

Background

- ❖ 1 out of 10 women in the US experience postpartum depression (CDC, 2020)
- ❖ 1 in 8 women suffer **worldwide** from postpartum depression (CDC, 2020)
- ❖ Consequences of postpartum depression:
 - ❖ babies with lower social engagement scores,
 - ❖ less happy home,
 - ❖ increase of child behavioral problems,
 - ❖ negative mother-child bonding,
 - ❖ decrease in healthy feeding interactions,
 - ❖ decrease in healthy living choices,
 - ❖ difficulty with social relationships,
 - ❖ and increased risky behaviors (Slomian et al., 2019)
- ❖ White women suffer postpartum depression at higher rates (62.07%), Hispanic women (17.34%), black women (15.61%) and other races (22.32%) (Sundaram, 2013).
- ❖ Untreated mood and anxiety disorders among pregnant women and new moms cost society approximately **\$14.2 billion** in 2017, or an average of \$32,000 (Clark et al., 2019)

Purpose Statement

The purpose of this research was to investigate the effects of exercise on postpartum depression while incorporating nursing and other healthcare professionals.

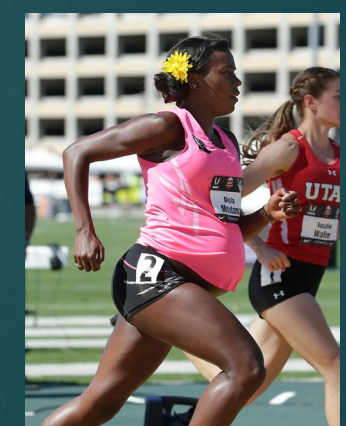
- ❖ Do women who exercise throughout pregnancy have a decreased risk for postpartum depression compared to women who do not exercise?



Netmums. (2020, September 7). *The 6 best sports for pregnancy*. Netmums. Retrieved March 25, 2022, from <https://www.netmums.com/pregnancy/the-6-best-sports-for-pregnancy>

Conclusions & Implications

- ❖ The role of routine exercise during pregnancy must be further explored to facilitate adherence (Coll et al., 2019)
- ❖ Nurses and other healthcare professionals can develop individualized plans of care to aid rural Hispanic women's ability to care for themselves postpartum (Kim & Dee, 2016)
- ❖ Physical activity performed in the postpartum period enables psychosocial well-being, reduced anxiety, and depression (Özkan et al., 2020)
- ❖ Women who meet the recommendation of 150 minutes or more of moderate intensity exercise each week during pregnancy have a lower risk of postpartum depression (Shakeel et al., 2018)
- ❖ By providing care at home to women who suffer from postpartum depression, nursing care can be effective in alleviating depression as well as improving their satisfaction with the degree of nursing care provided (Zhuang et al., 2020).
- ❖ Nurses can encourage new mothers to exercise and aid them by providing personalized activity recommendations, exercise groups for postpartum women, and interact social support (Shelton & Lee, 2018)
- ❖ Future research is suggested to focus on the mode, frequency, intensity, and duration to describe the volume of physical activity in a given time frame that is needed to affect postpartum depression



Gannett Satellite Information Network. (2014, June 27). *Pregnant runner finishes 800 meters at U.S. Nationals*. USA Today. Retrieved March 25, 2022, from <https://www.usatoday.com/story/sports/olympics/2014/06/27/alyasia-montano-34-weeks-pregnant-us-track-field-championships/11447031/>

Findings

- ❖ A 4-week exercise program lessened depressive symptoms (Özkan et al., 2020)
- ❖ Women who accumulate greater than or equal to 150 minutes of moderate-to-vigorous intensity exercise per week have a significant reduction in postpartum depression risk (Shakeel et al., 2018)
- ❖ Early detection is essential for effective treatment and prevention for identifying potential risk factors for self-care among rural Hispanic women (Kim & Dee, 2016)
- ❖ A 16-week moderate intensity exercise program did not exhibit notably lower levels in postpartum depression (Coll et al., 2019)
- ❖ Patients who had nurses provide postpartum care in a home setting had alleviated depressive symptoms, enhanced quality of life, hormonal regulation, and increased satisfaction with care compared to a standard hospital setting (Zhuang et al., 2020)
- ❖ Identifying women who are at high risk for postpartum depression is an important role as a nurse before birth (Mughal, 2021)
- ❖ Nurses frequently interact with patients and can encourage their patients to adopt healthy behaviors, such as promoting increased exercise (Richards, 2015)

Literature Review & Methods

- ❖ PubMed and ETSU library databases searched
- ❖ 7 articles researched between 2015-2021
- ❖ Keywords:
 - ❖ Postpartum depression (PPD)
 - ❖ Exercise
 - ❖ Physical activity
 - ❖ Nursing



Postpartum depression: What moms need to know: Banner health. Postpartum Depression: What Moms Need to Know | Banner Health. (n.d.). Retrieved March 25, 2022, from <https://www.bannerhealth.com/healthcareblog/better-me/postpartum-depression-not-just-the-baby-blues>

References

