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Effectiveness of Non-pharmacological Interventions When Treating Postpartum Depression in
First-Time Mothers

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Abstract

Non-pharmacological intervention alone or paired with pharmacological interventions is somewhat effective in treating and lowering rates of postpartum depression (PPD) in women. Undergraduate students reviewed studies of the use of pharmacological and non-pharmacological treatments for postpartum depression. To narrow down results, the students based the review on studies completed within the last 10 years, focusing specifically on primiparas (first births) women. Responses ranged from no notable efficacy in reducing PPD measured against the Edinburgh Scale to marginal improvements when non-pharmacological and pharmacological approaches were combined, and testing extended to other scales of motherhood and postpartum. The students discuss the implications for nursing practice related to PPD scores, self-efficacy screening, and combination interventions in treating postpartum depression in first time mothers.

Keywords: Primiparas, Edinburgh Post-Partum Depression scale/Edinburgh Postnatal Depression Score, postpartum fatigue, maternal functioning, first time mothers, new mothers, “postpartum treatment new mothers”, non-pharmacological interventions”, “first-time mother post-partum depression”