

Postpartum Depression

Part I

Alcohol Use and Misuse

Dr. Davina Moss, Ph.D. C.R.C., CASAC-M, N.C.C.

Part I

Postpartum Depression : Alcohol Use and Misuse

Learner Outcome

Title of Presentation: Postpartum Depression: Alcohol Use and Misuse

Part I:

The purpose/goal(s) of this activity is for participants to be able to understand the reasons alcohol is used during postpartum

(1) learning objective: Providers to open conversation with pregnant women during prenatal visits

0.5 Contact Hours

This activity has been approved by Northeast Multistate Division (NEMSD) for 0.5 contact hours. NEMSD is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation

Disclosures and Successful Completion

Disclosures:

- No relevant financial relationships were identified for any other individuals with the ability to control the content of the activity.
- There will be no discussion of off-label usage of any products

Successful Completion:

- To successfully complete this activity and receive 0.5 Contact Hour(s), you must attend the entirety of the program and complete the post-test and evaluation at the end of the session

Conversation & Discussion

Part I:

Postpartum Depression: Alcohol Use and Misuse

- Part I: Reasons for consuming alcohol

Part II:

Postpartum Depression: Alcohol Use and Misuse (Identifying Concerns)

- Part II: Screening Tools to Identify Alcohol Use Concerns



Postpartum Depression

- Postpartum depression (PPD) is a type of depression that happens after someone gives birth
- Affects 1 in 7 mothers
- Previous diagnosis increases your chance for a current diagnosis by 30%
- experience alternating highs and lows, frequent crying, irritability and fatigue, as well as feelings of guilt, anxiety and inability to care for the infant or self



Postpartum Depression

Symptoms can begin after birth up to one year

Postpartum can last up to 2 years

Medication can be a treatment recommendation

Psychotherapy is effective

Postpartum

The first 120 days are critical

National Survey on Drug Use and Health (NSDUH) cross-sectional survey data found that from third trimester of pregnancy to the first 3 months postpartum, women with any reported alcohol use in the past month went from 6.2 to 31.9% and by 11 months postpartum 52% were drinking (Laborde & Mair, 2012).

Surveys have shown that at 3-5 months (90-150 days postpartum) mothers were self-reporting binge drinking



Types of Postpartum Depression

Postpartum Psychosis: is an extremely severe form of postpartum depression and requires emergency medical attention. Symptoms include severe agitation, confusion, feelings of hopelessness and shame, insomnia, paranoia, delusions or hallucinations, hyperactivity, rapid speech or mania.

An increased risk of suicide and risk of harm to the baby.

Treatment will usually include hospitalization, psychotherapy and medication.

<https://my.clevelandclinic.org/health/diseases/9312-postpartum-depression>

“Baby Blues” vs. Postpartum Depression

Baby Blues:

- Last approximately 10 days after birth
- Crying
- Loss of appetite
- Trouble sleeping
- Quick Mood changes

Postpartum Depression

- Symptoms are more intense
- Thoughts of harming the baby
- Extreme loss of motivation and extreme fatigue
- Feeling anxious
- Thoughts of suicide

Edinburgh Postnatal Depression Scale

- Administered by during postpartum visit or pediatrician visit
- 10 questions based on 7days
- Maximum score: 30
- Possible Depression: 10 or greater
- Always look at item 10 (suicidal thoughts)

10. The thought of harming myself has occurred to me

- Yes, quite often
- Sometimes
- Hardly ever
- Never

Edinburgh Postnatal Depression Scale¹ (EPDS)

Name: _____

Address: _____

Your Date of Birth: _____

Baby's Date of Birth: _____

Phone: _____

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today.

Here is an example, already completed.

I have felt happy:

- Yes, all the time
- Yes, most of the time This would mean: "I have felt happy most of the time" during the past week.
- No, not very often Please complete the other questions in the same way.
- No, not at all

In the past 7 days:

Literature

- Hayaki, J., Holzhauser, C.G., Epstein, E. E., Cook, S. Gb, A., and Lorenzo, A.C. (2020)
- Laborde, N.D. and Mair, C. (2012)
- Metcalf, C. and Dimidijian, S. (2020)

Hayaki, J., Holzhauser, C.G., Epstein, E. E., Cook, S. Gb, A., and
Lorenzo, A.C. (2020)

Menstrual Cycle Phase, Alcohol Consumption, Alcohol Cravings, and
Mood Among Women in Outpatient Treatment for Alcohol Use Disorder

- Study examined 59 women's drinking and craving intensity across the menstrual cycle.
- There was moderating effect of baseline depression and emotional distress during the mid-late luteal phase and/or menses, among women receiving AUD treatment.
- Mid-late luteal phase and/or menses represent high-risk times during the menstrual cycle for the experience of alcohol cravings as well as for drinking frequency and intensity occurs between 15-28 days before the end of the cycle
- Women with higher baseline depression also reported higher alcohol craving intensity across the cycle (luteal phase).

Hayaki, et. al.

The authors also suggest that depressed mood and the self reported experience of emotional distress during the mid-late luteal phase and/or menses is associated with the menstrual cycle phase and drinking behavior.

For women with AUD, this constant state of negative affect may manifest as sustained alcohol craving intensity.

Laborde, N.D. and Mair, C. (2012)
Alcohol Use Patterns Among Postpartum Women

- According to the authors the postpartum period is a sensitive time for the risk of alcohol use / misuse due to increased stress and isolation in the first few weeks after birth along with new responsibilities
- There is a connection between stress and excessive alcohol use.
- There is also a connection between increased responsibilities and social norms that at times protect a woman from using alcohol excessively or using at all

Laborde con't

- New mothers who may be at a greater risk for harmful drinking behaviors because of added stress and inadequate supports.
- New mothers who smoke are at a greater risk for drinking any alcohol or drinking more frequently than new mothers who don't smoke
- According to the SAMHSA 15.5% of new mothers as well as between 3- and 5-months postpartum reporting binge drinking

Metcalf, C. and Dimidjian, S. (2020)

In a Mother's Voice: Observing Social–Emotional Aspects of Postpartum Daily Life

- A study that used naturalistic observational recordings of the daily environments and social interactions of 50 postpartum women using the electronically activated recorder (EAR).
- The authors measured the feasibility, acceptability, and compliance of collecting naturalistic ambient sounds with postpartum women (i.e. laughter, crying, singing and sighing)
- The authors evaluated the frequency of social– emotional characteristics and noticed that social supports were few since the mother did not have a stressful environment

Metcalfe, C. and Dimidjian, S. (2020) con't

- The postpartum period for this sample was observed to be emotionally nuanced, containing predominantly positive experiences along with negative expressions and potentially difficult experiences.
- Of note, anger and scorn occurred in about 1% of valid audio files and were among the top six most frequently coded expressions.
- The participants were in a low stress environment and had adequate supports.

Postpartum

Vocational and
Career re-
engagement

Familial
responsibilities

Excess support
is at a
minimum

Guilt /
Attachment
concerns

Vocational and Career engagement

Postpartum is from birth up to 2 years

Women are returning to work and careers
between 8-12 weeks into postpartum

Women are seeking safe spaces to breastfeed
and / or pump

Increased stress and demands in the workplace
because of changes and downsizing positions

Family Responsibilities

- Increased responsibilities for taking care of an infant
- Increase for incurring expenses such as daycare
- Taking care of an infant at their most fragile time and understanding the wants and needs and demands of the infant
- Increased pressure of social media to be a perfect parent and to adjust without flaws

Excess support is at a minimum

- Lack of social supports or family supports
- Lack of experience with learning to understand when to request help from the support system
- Feeling overwhelmed because the increase of investment time for the infant but lack of self-care time
- Support is lacking because of travel distance between the home, daycare and the work environment

Guilt and Attachment Concerns

- The mother has guilt feelings for returning to work
- Feeling that the child is being abandoned and / or will possibly get injured out of the mother's site
- Developing the attachment style and with the parenting side

Why Women Use / Misuse Alcohol?

Top Three Reasons:

- Regulate sleep
- Regulate emotion
- Coping strategy to manage stress

Next Steps

Scoring high on the Edinburgh Postnatal Depression Scale

Questioning the strategies used to cope with stress

Asking if Alcohol is one of the coping strategies

Begin to screen for alcohol use (socially and privately)

Overview of Part I

- There is a difference between Baby Blues and Postpartum depression
- Administer the Edinburgh Postnatal Depression Scale to determine if there is a concern with Postpartum Depression
- Important to have proper supports when retuning to work and changing roles in the family
- Identify if the woman is using alcohol as a coping strategy

References

- Hayaki, J., Holzhauer, C.G., Epstein, E.E., Cook, S., Gaba, A., and Lorenzo, A.C. (2020), Menstrual cycle phase, alcohol consumption alcohol cravings and mood among women in outpatient treatment for alcohol use disorder. *Psychology of Addictive Behaviors*, Vol. 34 (6), p. 680-689.
- Laborde, N.D., Mair, C. (2012). Alcohol use patterns among postpartum women. *Maternal Child Health*. December 16(9), p. 1810-1819. <http://doi:10.1007/s10995-011-09255-3>.
- Metcalf, C. and Dimidjian, S. (2020). In a mother's voice: Observing social-emotional aspects of Postpartum daily life. *Journal of Family Psychology*, Vol. 34 (3), p. 269-278.

Questions?

Thank you for your interest and engagement

Name: Dr. Davina Moss, Ph.D.

Email: Davina.Moss@pdawny.com

