## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foreword</td>
<td>7</td>
</tr>
<tr>
<td>Introduction</td>
<td>9</td>
</tr>
<tr>
<td><strong>CHAPTER 1</strong> Understanding Postpartum Depression</td>
<td></td>
</tr>
<tr>
<td>1. An Overview of Postpartum Depression</td>
<td>14</td>
</tr>
<tr>
<td><em>Paula Ford-Martin and Ken R. Wells</em></td>
<td></td>
</tr>
<tr>
<td>Postpartum depression is a mood disorder that begins after childbirth and usually lasts beyond six weeks.</td>
<td></td>
</tr>
<tr>
<td>2. Postpartum Depression and Bipolar Disorder</td>
<td>22</td>
</tr>
<tr>
<td><em>Michele Hoos</em></td>
<td></td>
</tr>
<tr>
<td>Women with bipolar disorder have an increased risk for suffering from postpartum depression and may face tough decisions about how to treat their bipolar disorder during pregnancy.</td>
<td></td>
</tr>
<tr>
<td>3. The Possibility of a Postpartum Depression Gene</td>
<td>30</td>
</tr>
<tr>
<td><em>John J. Medina</em></td>
<td></td>
</tr>
<tr>
<td>The possibility of finding a postpartum depression gene gives researchers hope for new treatment methods.</td>
<td></td>
</tr>
<tr>
<td>4. Brain Changes Are Linked to Postpartum Depression</td>
<td>40</td>
</tr>
<tr>
<td><em>Madonna Behen</em></td>
<td></td>
</tr>
<tr>
<td>Researchers find that women with postpartum depression have abnormal brain functioning that may interfere with their emotional responsiveness.</td>
<td></td>
</tr>
</tbody>
</table>
CHAPTER 2

Controversies Surrounding Postpartum Depression

1. Postpartum Depression Screening Is Necessary
   John Grohol
   Screening is necessary to help identify women at risk for postpartum depression—a stigmatized mental illness that women are often reluctant to talk about and doctors frequently fail to recognize.

2. Postpartum Depression Screening Is Not Beneficial
   K.L. Carlson
   Screening pregnant women for postpartum depression is just a way to get women hooked on harmful antidepressant medications.

3. Treatment for Postpartum Depression Is More Important than Breast-Feeding
   Lisa Sniderman
   Maintaining mental health and being an engaged mother are more important than breast-feeding.

4. Breast-Feeding Can Help Lessen Postpartum Depression
   Kathleen A. Kendall-Tackett
   Depressed women can still breast-feed, and they should be encouraged to do so.

5. Postpartum Depression Should Be a Legal Defense for Women Who Kill Their Children
   John Floyd and Billy Sinclair
   Women suffering from postpartum depression who harm their children need help, not punishment.
6. Postpartum Depression Is Not Always a Valid Legal Defense for Women Who Kill Their Children

Richard E. Vatz

Having postpartum depression does not relieve a woman who kills her child of the responsibility for her actions, and she should be punished.

7. Men Can Get Postpartum Depression Too

Emily Anthes

Studies show that men can also suffer from depression during the postpartum period.

8. Post-Adoption Depression Is Similar to Postpartum Depression

Karen J. Foli, interview by Meredith Resnick

The stresses felt by adoptive parents can trigger post-adoptive depression.

CHAPTER 3

Personal Experiences with Postpartum Depression

1. Living Through Postpartum Psychosis

Sarah R. Fields

A woman discusses her descent into delusion and paranoia brought on by postpartum psychosis.

2. My Journey Through Postpartum Depression

Marie Osmond

Singer Marie Osmond recalls the symptoms of her postpartum depression after the birth of her son in 1999.
3. A Dad Talks About About Having Postpartum Depression

Joel Schwartzberg

A dad talks about falling into a deep well of depression after the birth of his son and being surprised to learn that men can get postpartum depression.

Glossary 123
Chronology 127
Organizations to Contact 129
For Further Reading 133
Index 137