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# The Difference Between Normal Postpartum Sadness And Postpartum Depression



A woman may experience a drop in mood, unjustified crying spells, a feeling of confusion and an inability to feel in control 2-3 days after giving birth, but it is supposed to improve once 10 days to two weeks after giving birth and should not continue or affect the quality of life.



## What are the most important physiological symptoms of postpartum sadness?

- ❖ Mood swings between feeling happy and sad with the arrival of the newborn.
- ❖ Decreased appetite and inability to take care of oneself due to physical exhaustion after giving birth.
- ❖ Feeling intense and feeling like a burdened and anxious mother.
- ❖ Feeling sad and crying for no reason.
- ❖ Decreased concentration levels.
- ❖ Confusion and difficulty sleeping.



## **What are the most important symptoms associated with postpartum depression?**

- ❖ Feeling worthless and hopeless to a great extent with a feeling of loneliness and helplessness.
- ❖ The mother feels that she is not a good enough mother and cries all or most of the time.
- ❖ Inability to emotionally connect with the newborn.
- ❖ Inability to eat and take care of oneself and the newborn in a double way due to a state of despair.
- ❖ Suffering from unexplained anxiety and panic attacks.
- ❖ Social isolation from family members and the desire to remain alone all the time.
- ❖ Loss of passion for previously enjoyable things.

## What are the most important symptoms associated with postpartum depression?

- ❖ Feeling angry, nervous and intense without any justification for that.
- ❖ Double feeling of guilt.
- ❖ Feeling a lack of energy and physical ability to accomplish tasks.
- ❖ Lack of mental ability even in simple matters.
- ❖ Frequent thinking about death.
- ❖ Having thoughts of harming oneself or tempting the child or developing into suicidal thoughts.



## What are the most important symptoms associated with postpartum depression?

Women should realize that postpartum depression is characterized by severity and continuity for two weeks or more, and it is characterized by its impact on the quality of life, and therefore it is not a passing matter like postpartum sadness, and it seriously requires seeking care from a specialist. Women should not feel inferior or ashamed for feeling this way, and they should seek help early to avoid an increase in symptoms.



## Who is most at risk of postpartum depression?

- ❖ Previously diagnosed with bipolar disorder or a previous diagnosis of postpartum depression with previous births.
- ❖ Diagnosis of the newborn with health problems before and after birth.
- ❖ Having a high-risk pregnancy and having previous problems related to pregnancy.
- ❖ Having ongoing pressures in the home or work environment.
- ❖ Unplanned and unwanted pregnancy.
- ❖ Having previous problems with the life partner.



## Who is most at risk of postpartum depression?

- ❖ Having problems and financial burdens that cannot be controlled with the arrival of the newborn.
- ❖ Pregnancy with twins or more.
- ❖ Having problems with breastfeeding and the inability to breastfeed even with great effort in attempts.
- ❖ The woman is under 20 years old or has separated from her partner, especially a recent separation.
- ❖ The woman is being cared for by other parties, such as the mother or father, especially if they are elderly.





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Sources and References:

All vector used are from Canva

Review and Proofreading:

The content of this booklet has been reviewed by the Psychiatry  
Department at King Fahd University Hospital.

**Psychiatry Department**

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**Health Awareness Unit**

**IAU-24-593**



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