

Spotlight on Postnatal Depression

[Perinatal mental ill health: the experiences of women from ethnic minority groups](#)

Watson, Helen & Soltani, Hora.

British Journal of Midwifery 2019; Vol 27(10): 642-648

[The effectiveness of exercise-based interventions for preventing or treating postpartum depression: a systematic review](#)

Carter, Tim et al. Archives of Women's Mental Health 2019; 22: 37-53

[Newly qualified health visitor: Assessment and support for fathers' mental health](#)

Boddy, Bethany

Journal of Health Visiting 2019; Vol 7(11): 515-517

BMJ Best Practice

[Postnatal Depression](#) Overview and Summary

BMJ

[Assessing low mood during pregnancy](#)

[Management of perinatal depression with non-drug interventions](#)

You can access these subscription resources password free if you are on NHSScotland premises. Otherwise you will need to use your [NHSS OpenAthens username](#).

It's quick and easy to register and you can sign up at www.knowledge.scot.nhs.uk

For help contact Knowledge Services Help Desk: knowledge@nes.scot.nhs.uk



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All these journals are free to access online via the Knowledge Network library.
Click on the links to see more:

Journals:

[Archives of women's mental health \(Online\)](#)

[British Journal of Midwifery \(Online\)](#)

[Maternal health, neonatology and perinatology.](#)

E- Books:

[Dropping the baby and other scary thoughts breaking the cycle of unwanted thoughts in motherhood](#), Karen R. Kleiman & Amy Wenzel, 2011

[Identifying Perinatal Depression and Anxiety Evidence-based Practice in Screening, Psychosocial Assessment and Management](#), Jeannette. Milgrom Alan W Gemmill, 2015

[Perinatal and postpartum mood disorders perspectives and treatment guide for the health care practitioner](#), Susan Dowd Stone; Alexis E Menken, c2008

[Perinatal mental health a clinical guide](#), Colin R Martin, 2012

[Perinatal mental health a guide for health professionals and users](#), Jane. Hanley, 2009



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Information to Support Patients

[NHS Inform –Postnatal Depression](#)

[Association for Post Natal Illness- Post Natal Depression](#)

[Maternal Mental Health Scotland](#)

[Mind – Postnatal Depression](#)

[PANDAS Foundation – Self Care](#)

[See Me Scotland – Postnatal Depression](#)

[SIGN - Mood disorders during pregnancy and after the birth of your baby](#)



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Remember health literacy issues

It can be difficult when working with patients to know whether the information you are providing is being understood. People may hide any communication or understanding issues they have. Therefore, it is key that practitioners communicate in an effective manner. Use these communication techniques:



Teach Back is a simple way to check understanding. Ask the person to tell you in their own words. Say that it is not a test but you would like to make sure that you have explained everything correctly.



Break down the information that you need to discuss and that you need the person to understand into smaller more manageable chunks rather than providing it all at once.

For more information visit www.healthliteracyplace.org.uk



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