

Depression test for new mums

EXPECTANT mothers could soon be routinely tested for their risk of suffering postnatal depression (PND).

The national depression group beyondblue is in consultation with the Federal Government to introduce the test and has backed a British study of 1400 women that found mothers of twins or triplets run almost double the risk of developing PND.

Almost 16 per cent of all Australian mothers will experience some form of depression, with the risk significantly higher for mothers of multiples. Beyondblue is calling for all pregnant women and new mothers to be routinely screened for the condition in the same way they are for high blood pressure or diabetes.

Beyondblue deputy chief executive Nicole Highet said mothers of twins or triplets may have already fought an emotional battle before their babies are born.

"There may be complications with conceiving, IVF and then the higher risk of miscarriage during the pregnancy," Dr Highet said.

"Then they have the birth, the babies may need to spend extra time in hospital if there are any health complications. After that there are the day-to-day logistics of looking after two newborns."

The British study found that one in eight mothers of multiples had been separated from their newborns in hospital while the babies were treated in neonatal units, causing pain, trauma and regret. The mothers reported feeling exhausted and isolated.

Dr Highet said increased discussion about PND had reduced the stigma of the condition, however many women were still falling through the cracks due to a lack of prenatal and postnatal screening.

"The rates of depression in partners of women with PND are very high - up to 50 to 60 per cent," Dr Highet said.

"Long-term untreated PND can cause delayed cognitive and emotional development in the baby. The benefits of picking up PND early are immense."

Women often felt unrealistic pressure to be perfect mothers, setting themselves up for failure. "When things don't go to plan that increases the risk of stress and distress, and potentially anxiety and things can spiral out of control from there," Dr Highet said. "It is an at-risk time for those reasons."

General practitioner Ramesh Manocha said fractured family networks could also leave new mothers feeling isolated. He said risk factors included socio-economic stress and a lack of stable and supportive family relationships.

For help and information:

Scorpio: This morning you have to be careful what you say and stay in control or you will instantly regret what comes out of your mouth. The mid afternoon is a positive time to implement any change you wanted to in your immediate personal life provided it does not impinge on anyone else's rights etc. You should do all you can not to let negative emotions take over tonight if you are looking to have a bit of fun or looking for love. A weekend affirmation: - I am in tune with my inner being who guides me to make the right choices. www.AstroZone.com.au

Libra: There is only one exact lunar force today; the others are all underlying but they still will play a part in action and reaction. Do not argue about money today and keep in mind that it's probably not the right day for taking a gamble either. Keep opinions to yourself and be mature when it comes to responsibilities. A mature approach and some attention to detail will certainly take you in the right direction business wise today. A weekend affirmation: - My work is important and gives me a wonderful income. www.AstroZone.com.au

Aquarius: Think low key, behind the scenes and focus on what needs to be done at work and pay attention to detail. It's all too easy to get caught up in impulsive thinking and doing things without thinking, especially this afternoon when the impulsive drive can make you to make a hasty decision about money or a business deal - which probably long term, won't be good and may bring an unwelcome surprise. A weekend affirmation: - My inner guide

shows me the way to create happiness in my life. www.AstroZone.com.au

Gemini: Happy Birthday. There's only one direct force playing out today that brings a restless quality into the afternoon and the urge to do something different may be hard to quash - but if you don't have to - fly with it. Be mindful early morning not to give in to an emotional outburst or you may find yourself going over it all over again later tonight. A weekend affirmation: - I always make a difference in a positive way. www.AstroZone.com.au

Virgo: You are cautioned to keep your thoughts to yourself this morning or you may regret an outburst and even if you think you are right, there is a way and a time for getting your message across. And this morning isn't the time. Channel your energy into routine matters that need attention to detail because you will be able to accomplish a lot today if you put yourself in the right head space. A weekend affirmation: - I easily and comfortably can tune in to what's right and what's wrong. www.AstroZone.com.au

Sagittarius: The Moons placement suggests keeping a low profile today and working on business or work related matters that need quiet concentration and attention to detail. The energy of Venus may pull you in a different direction though and if you feel an internal question of 'which way do I jump' opt to focus on work through the day and plan something romantic and fun for tonight. Then you'll have it both ways! However, a night at home with your loved one is the best option! A weekend affirmation: - I trust and believe that I have access to personal power. www.AstroZone.com.au

Aries: This is set to be a very routine day but let's not make it a boring one. You can still find lots to do to make things exciting and productive and make your day positive and successful - it all depends on your personal attitude (as always). You should certainly make time for having some fun tonight to blow away any residual negativity you may be feeling. A weekend affirmation: - I am unique, special and have unlimited power at my disposal. www.AstroZone.com.au

Taurus: There may be only underlying influences today but that doesn't mean you get to sit pretty and do nothing! This is an excellent day to channel your Mars energy into positive and constructive tasks and have a 'can do' attitude. You will feel much better at the end of the day when you see just what you have accomplished. That will also energise you further for having a social night out where you can let your hair down and have some fun. A weekend affirmation: - I am always in the right place at the right time. www.AstroZone.com.au

Cancer: There is no need to discuss your private feelings if you don't want to, and you shouldn't let anyone try to cajole you into doing so either. If you feel like privacy, then you should heed the call of your own inner voice. If that's not the case then you will make headway by putting some energy into furthering business or your career in some way. But do not sit around clock watching! A low key night is favoured or emotions may get thrown out of whack. A weekend affirmation: - I always have energy at my disposal to do what needs to be done. www.AstroZone.com.au

About the Author

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[Depression Quiz Calculator- Online Depression Self Test](#)

[Blood Test May Predict Postpartum Depression - Depression Symptoms](#)

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[Beck Depression Inventory \(psychological test\) -- Britannica](#)

Depression - self- test

Simple Test Distinguishes Between Bipolar Disorder And Depression

OkCupid.com: Take The Existential Depression Test

Source: <http://productsherbal.com>