

Review of: "[Commentary] Postpartum Depression: An Invisible Distress in the United Kingdom"

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Potential competing interests: No potential competing interests to declare.

Topic Selection is excellent: Postpartum depression is a significant public health problem around the world. Postpartum depression (PPD) is a mood disorder that affects approximately 10–15% of adult mothers yearly, with depressive symptoms lasting more than 6 months among 25–50% of those affected. Postpartum depression often occurs within a few months to a year after birth.

This commentary highlighted the following important points for improvement in maternal and child health:

PPD screening programs at the community level are required.

Need to develop social support programs for young mothers.

Early detection of mental health issues and treatment of serious conditions such as psychosis are needed.

Integration of PPD into the health care system for regular home visits of all mothers for at least one year after birth is needed.

Improved mental health and behaviour of the mother is closely linked with the cognitive development of children.