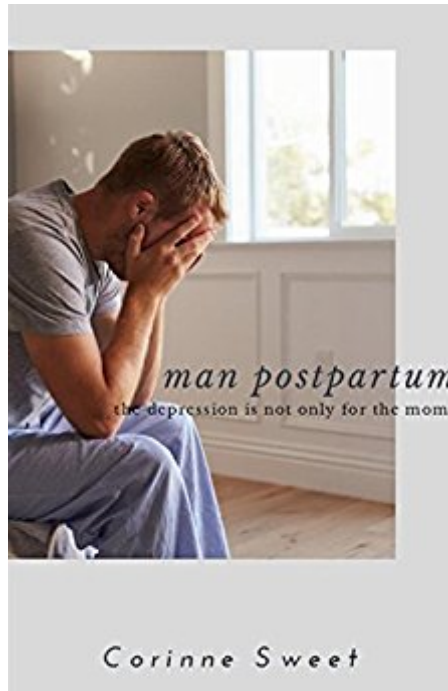




**Ebook Directory**  
the best source of ebook

The book was found

# Man Postpartum, The Depression Is Not Only For Them



## Synopsis

The More "FIT" You Need to be: Depression during Pregnancy and Postpartum also Affect Man

Maternal anxiety and depression are so frequent that they affect one in four women, but men are also not safe from the emotional turmoil that occurs during pregnancy and especially with the baby's arrival. One study points out that there are men who experience depression during the pregnancy of their partners and after childbirth. Specifically, according to research conducted at the University of Auckland (New Zealand), about 6% of parents had elevated symptoms of depression at some point in their partner's pregnancy or during the nine months after childbirth. Perhaps some of the parents who read us feel identified, and probably also see them reflected in the mothers. When the father or mother is emotionally weak, when one of the members of the couple feels alone in the face of the new situation, when one of the two is not at one hundred percent, difficulties and fears can be aggravated. Which is more worrisome if we consider that depression is not easy to diagnose, neither in them nor them. In the study, published in the journal "JAMA Psychiatry," data were taken of almost 4,000 men and emphasized that couples have to be aware that any of them may be depressed and, in that case, you can not miss the symptoms and have to seek help. Especially if a man has previously suffered depression, if he has poor health or stress, pregnancy or a child may increase the risk of suffering from it. Data from interviews conducted indicated that 2.3% of parents had elevated symptoms of depression while their partners were pregnant.

## Book Information

File Size: 921 KB

Print Length: 10 pages

Publication Date: May 19, 2017

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B071P4YZP1

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #495,949 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #45  
inÃ Â Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #108  
inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >  
Physical Impairments #118 inÃ Â Kindle Store > Kindle Short Reads > 15 minutes (1-11 pages) >  
Health, Fitness & Dieting

[Download to continue reading...](#)

Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay  
Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)  
Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life  
(depression cure, depression books, depression and anxiety, ... emotional intelligence, mood  
disorders) Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy  
Mom (Postnatal Depression) Man Postpartum, The Depression Is Not Only For Them Postpartum  
Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum  
anxiety, Post partum weight loss, Post partum depression) The Postpartum Husband: Practical  
Solutions for living with Postpartum Depression Therapy and the Postpartum Woman: Notes on  
Healing Postpartum Depression for Clinicians and the Women Who Seek their Help Interpersonal  
Psychotherapy for Perinatal Depression: A Guide for Treating Depression During Pregnancy and  
the Postpartum Period Interpersonal Psychotherapy for Perinatal Depression: A Guide For  
Treatment of Depression During Pregnancy and the Postpartum Period The Depression Workbook:  
A Guide for Living with Depression and Manic Depression, Second Edition Teen Depression: A  
Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find  
Happiness Again ~ ( Help for Depression in Teens ) Flavored Butters: How to Make Them, Shape  
Them, and Use Them as Spreads, Toppings, and Sauces (50 Series) Essential Spices and Herbs:  
Discover Them, Understand Them, Enjoy Them Think...like a Bed Bug: A Guide To Knowing What  
Bed Bugs Are, WhoÃ¢âs At Risk, How You Get Them, How To Spot Them Early, Health  
Implications, Prevention ... Tips, And What To Do If You Get Them! This Isn't What I Expected [2nd  
edition]: Overcoming Postpartum Depression Down Came the Rain: My Journey Through  
Postpartum Depression Behind the Smile: My Journey out of Postpartum Depression The  
Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women Who Lived  
Through It and Recovered Tokens of Affection: Reclaiming Your Marriage After Postpartum  
Depression The Lifter of My Head: How God Sustained Me During Postpartum Depression

Contact Us

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)