



Unit II – Problem 1 – Psychology: Psycho-Social Aspects of Pregnancy

- In United States:

- 31% of pregnancies are unintended (not planned).
- 60% of pregnancies in unmarried women are unintended.
- 83% of African-American pregnancies are unintended.

- Unintended pregnancy might result in:

- Delay in seeking prenatal care (mother is not caring about her pregnancy because she did not want it from the beginning).
- Domestic violence العنف الأ سرى
- Stress.
- Negative attitude toward the baby ☹

- Psychological changes:

- **1st trimester (first 3 months of pregnancy):** the mother is worrying wither her pregnancy will continue or not?!
- **2nd trimester (mid 3 months of pregnancy):** there is increased dependence on the partner. Also, the female might feel that she is not attractive anymore and her husband doesn't want her.
- **3rd trimester (last 3 months or pregnancy):** the female is concerned about labor and she feels special because she will become a mother.

- Prenatal maternal depression can result in:

- Premature labor.
- Low birth weight.
- Pre-eclampsia تسمم الحمل: which is characterized by hypertension and proteinuria ± edema.

- Postpartum psychiatric disorders:

Blues	<ul style="list-style-type: none"> • 30%-75% • Occurring on day 3-4 postpartum • Lasting for few days • The mother cares about herself and the baby but feels that she doesn't know what to do and cries • Outpatient conservative treatment
Depression	<ul style="list-style-type: none"> • 10%-15% • Occurring within 2 weeks • Lasting for weeks to months • The mother doesn't care about herself or the baby! • Outpatient treatment with antidepressants or psychotherapy
Psychosis	<ul style="list-style-type: none"> • 0.01%-0.02% (rare!) • Occurring within 2 weeks. • Lasting for weeks to months. • The mother is hallucinating (she might even kill her baby ☹) • Emergence inpatient treatment with antipsychotics