

REVIEW PAPER

Depression in Pregnancy and Ways of Dealing

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Abstract

Introduction: In pregnancy information to guide mothers and nursing practitioners for the treatment of depression is limited.

Purpose: The purpose of this study was to investigate the responses to treatment of depression during pregnancy, in order to enable nurses to know the pros and cons of treatment for guiding and advising a pregnant woman properly.

Material and method: Systematic review of the literature. The tools for the search of the literature were the electronic databases (PUBMED, GOOGLE SCHOLAR and CINAHL). The keywords used were: depression during pregnancy, perinatal depression, treatment, antidepressants during pregnancy.

Results: In addition to drug therapy, there are alternative forms of depression treatment such as acupuncture, the use of morning light, individual psychotherapy, cognitive behavioral therapy, counseling and end psychodynamic therapy. But no one can guarantee their effectiveness.

Conclusions: It should be further explored the issue of the treatment of pregnancy depression.

Keywords: treatment during pregnancy, perinatal depression, antidepressants