

Abstract

Background: Postpartum depression (PPD) is common among women living in the United States (U.S.). Unfortunately, despite its prevalence, PPD is underdiagnosed and undertreated. This can have serious consequences for both mother and baby. Research suggests that there is a need for further understanding of interventions to prevent PPD.

Objectives: The purpose of this integrative literature review is to examine strategies that can be used as prevention interventions for PPD.

Methods: An integrative literature review was conducted to identify research supporting PPD prevention. Research was collected by accessing databases through DePaul University Library and was organized according to the matrix method. The literature was analyzed using a systematic approach.

Findings/Results: Analysis of the literature resulted in three categories of PPD prevention interventions: physical/physiological interventions, health promotion/education, and psychosocial support.

Conclusion: Identifying women at risk and intervening with evidence-based strategies before the postpartum period can reduce the likelihood that PPD will develop and help reduce the number of cases of PPD in the U.S.

Keywords: postpartum depression, postnatal depression, prevention, psychosocial support, psychological support, health promotion, education