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Perinatal mental health: Key to mother and child well-being

Shahnaz Shahid Ali
sshahi47@uwo.ca

Panagiota Tryphonopoulos Dr.
Western University, ptryphon@uwo.ca

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Perinatal mental health: Key to mother and child well-being

Perinatal period including pregnancy, childbirth and after birth are times of joy and contentment, however some women may express have distinct emotions, thoughts, and feelings. They often feel sad, have crying spells, become mute and insensitive, and show despair. Mental health (MH) issues can occur during the perinatal period due to hormonal changes and are often regarded as normal changes associated with pregnancy and childbirth. Such issues should be considered as a point of concern because delay in identification and management could lead to chronic mental illnesses affecting both mother and child. My research project aims to develop an electronic decision support system (eDSS) for timely identification and management of MH issues among women during the perinatal period. The results of this research could improve provision of MH services, ensure routine screening, and educate health care providers about the importance of perinatal mental health.

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