



## Postpartum Depression in Adolescents

### Marco Tullio Mundim Filho

Doctor from Faculdades Unidas do Norte Minas - FUNORTE  
Institution: Faculdades Unidas do Norte Minas - FUNORTE  
Address: Av. Osmane Barbosa, 11.111 - JK, Montes Claros - MG, CEP: 39404-006  
E-mail: marcottuliomundimn@gmail.com

### Victor Vieira Dantas

Doctor from the University of Uberaba - UNIUBE  
Institution: University of Uberaba - UNIUBE  
Address: Av. Nenê Sabino, 1801 - Universitário, Uberaba - MG, CEP: 38055-500  
E-mail: victordantasvieiraa@gmail.com

### Juliana Alvarenga Jordão

Doctor from the University of Franca - UNIFRAN  
Institution: University of Franca - UNIFRAN  
Address: Av. Dr. Armando de Sáes Oliveira, 201 - Parque Universitário, Franca - SP, 14404-600  
E-mail: jjulianajordao o@outlook.com

### Kevin Yoshimi Nakaie

Doctor from the University of Uberaba - UNIUBE Institution: University of Uberaba - UNIUBE  
Address: Av. Nenê Sabino, 1801 - Universitário, Uberaba - MG, CEP: 38055-500  
E-mail: kevin Yoshimii@hotmail.com

## ABSTRACT

Postpartum depression is a mental health issue that can affect women of all ages, but adolescent girls face unique challenges in this context.

**Keywords:** Postpartum depression, Pregnancy, adolescence, Adolescent women.

## 1 INTRODUCTION

Postpartum depression is a mental health issue that can affect women of all ages, but adolescent girls face unique challenges in this context. Teen pregnancy is already a stressful experience, and when combined with the emotional challenges of postpartum, it can increase the risk of postpartum depression. This abstract will examine the objectives, outcomes, and discussions related to postpartum depression in adolescent women.

## 2 OBJECTIVES

The aim of this research is to analyze the prevalence, risk factors, and impacts of postpartum depression in adolescent women. In addition, it seeks to understand the prevention and treatment strategies available for this vulnerable group.



### 3 RESULTS

Studies indicate that postpartum depression affects adolescent women at a higher rate than average. This can be attributed to a combination of factors, such as a lack of social support, academic pressures, financial difficulties, and significant life changes. Symptoms include deep sadness, lack of energy, changes in sleep and appetite, and even suicidal thoughts.

Postpartum depression can have serious impacts on adolescent girls, impairing their relationship with their baby and their ability to properly care for their child. It can also negatively affect the long-term mental health of teen mothers.

### 4 DISCUSSION

Postpartum depression in adolescent women is a complex issue that requires a multifaceted approach. Education and support during pregnancy and after childbirth are key to helping young mothers navigate this challenging transition. Additionally, early detection of postpartum depression is crucial to ensure that adolescent girls receive appropriate treatment.

Treatment may include psychotherapeutic therapy, support from support groups, and, in severe cases, antidepressant medications. Family and community involvement also plays an important role in supporting adolescent mothers.

### 5 CONCLUSION

Postpartum depression in adolescent women is a significant public health concern, as it affects both mother and baby. It is critical to recognize the risk factors, symptoms, and impacts of this condition. Effective prevention and treatment should be prioritized to ensure that young mothers receive the support they need.