

Abstract

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Title of bachelor thesis: Mental health problems during pregnancy and in the postpartum period

Background: The aim of this work is to unify the knowledge about the difficulty of pregnancy and the puerperium. I would like to point out how pregnancy can affect the woman's psyche. In my work I will deal with individual mental problems, their etiology, diagnosis, treatment and prevention.

Main findings: This work deals with the issue of pregnancy and puerperium. In the introductory part I focus on the woman's psyche in the early stage of pregnancy, her possible fears that may lead to mental health problems later. I would also like to draw attention to the effect of steroid hormones in this period. This is followed by a general section of etiology, treatment and prevention. In the second half of the work are discussed more or less serious changes in the psyche.

Conclusions: Mental disorders can have a serious impact on a mother's life and child's development. Their early diagnosis and possible treatment are important.

Key words: puerperium, baby blues, anxiety, insomnia, depression, psychosis