

Presenter: Yuliana Cervantes

Session & Time: Poster III

Room/Time: GLH / 3:30-4:30

Discipline: Nursing

Faculty Mentor: Rafael Romo

Digital Portfolio URL:

Title: Culturally Responsive Prenatal Education and Postpartum Depression in Latinas

Abstract:

Postpartum depression (PPD) is a significant maternal mental health condition that can negatively impact both mothers and infants when it is not identified and treated. It is associated with impaired maternal infant bonding, emotional distress, and adverse birth outcomes such as low birth weight and preterm birth. Latina women experience higher rates of prenatal and postpartum depressive symptoms and often face barriers to accessing care, including language differences, stigma, and limited resources. Research highlights that culturally tailored interventions can help address these disparities. Programs such as community-based lifestyle interventions led by community health workers have been shown to reduce depressive symptoms and improve social support among pregnant Latinas. In addition, screening tools have identified key predictors of PPD, including prenatal depression, anxiety, and lack of social support. Preventive approaches like brief cognitive behavioral therapy (CBT) during

pregnancy have also been effective in reducing emotional distress, particularly among women with lower educational attainment.

Despite this evidence, many traditional prenatal education programs do not meet the cultural and linguistic needs of Latina populations, limiting awareness, early recognition, and treatment of PPD. This gap contributes to delayed diagnosis and reduced help-seeking behaviors. This presentation examines the importance of culturally responsive prenatal mental health education in addressing these barriers. It focuses on how culturally tailored educational programs can improve understanding of PPD, increase awareness of symptoms, and influence attitudes toward seeking help. By promoting early detection and encouraging timely intervention, culturally responsive education has the potential to improve maternal mental health outcomes and reduce disparities in care among Latina women.