



**Presenter:** Ysabella Co

**Session & Time:** Poster\_IV / 3:00 to 3:50pm

**Room:** Guzman Lecture Hall

**Discipline:** Nursing

**Faculty Mentor:** Kendra Hoepper

**Digital Portfolio URL:** <https://sites.google.com/view/ysabellaco-portfolio?usp=sharing>

**Title:** Assessing the Effectiveness of Prenatal and Postnatal Interventions for Postpartum Depression in Adolescent Mothers

**Abstract:**

### **Abstract**

**Background:** Pregnancies among adolescents is often an outcome of improper sex education and understanding. It is vital to provide mothers with the proper medical care and resources throughout their pregnancy and postpartum period to prevent any risks or harm from occurring. With the complexities and stressors of pregnancy at such a young age, it is important for

healthcare to provide resources regarding postnatal depression diagnoses and interventions, especially to a population that is at risk for mental health issues. **Objective:** To provide adolescent mothers thorough medical care and lessen the risk of experiencing postpartum depression. By providing frequent screening tools and focusing on their social or cultural factors, it presents the opportunity to directly address mental health issues. **Method:** Researchers will use a longitudinal, mixed method of both a quantitative and qualitative study design to evaluate the effectiveness of prenatal and postpartum screening tools and interventions among adolescent mothers. **Results:** The data for this study has not been collected yet, but the expected results would exemplify that the mothers who have early access to screening tools and interventions that depend on their social and cultural factors, are less at risk to postpartum depression and its symptoms. **Conclusion:** Determining the effectiveness of screening tools and interventions is necessary to the diagnosing process, as it is the crucial step to determining treatment.

*Keywords: adolescent, mental health, postpartum depression or postnatal depression, screening tools, prenatal education, postpartum education, interventions, diagnosis, treatment*