Please note that your proposal assignment does **NOT** require a Title page.
**Section 1:** Postpartum depression is a very serious and common disorder that women are diagnosed with after giving birth. Many people focus on the significant effects that postpartum depression has on the child, but it has a vast amount of negative effects on the mother as well. Postpartum depression can be caused by numerous things. For instance, a woman that has had depression more likely to develop prior to pregnancy or during pregnancy is a likely victim of having depression after pregnancy. who Thesis: Women that suffer from postpartum depression have most likely taken part in cigarette smoking during and/or before pregnancy, have been vitamin D deficient during the pregnancy, or have given birth to a baby with a very low birth weight.

**Section 2:** Abraham Maslow’s theory of humanism explains that all people have the same basic needs and drives. Maslow organized these basic needs and drives into a five stage hierarchy that is designed in a way that people satisfy the lower levels of the pyramid and work their way to the top. Mothers that smoke while pregnant are not properly meeting physiological needs for herself or her baby, and she is endangering both of their lives rather than promoting their safety and security. It is important that an expectant mother has a sufficient amount of vitamin D, which is found naturally in certain foods, in order to meet physiological needs for her and her baby. The mother’s intake of vitamin D has a positive impact on the health and development of the fetus. A mother that has given birth to a baby with a very low birth weight is affected on levels two, three, and four of Maslow’s hierarchy. The mother that gives birth to an infant in this condition is concerned about the baby’s safety and security (level 2), she feels inadequate about being able
to provide the proper love and care for her new baby (level 3), and it can lower a mother’s esteem by feeling unsuccessful as a new mother (level 4). Jean Piaget’s cognitive theory explains how people think over time and how these thoughts can affect attitudes, beliefs, and behaviors. This theory also shows how health conditions can influence thoughts, and thoughts influence emotions and actions. Vitamin D insufficiency during pregnancy has been linked to development issues for the infant later in life such as language delay and mental illness. Research has shown that certain neurotransmitter function that is enabled by sufficient vitamin D intake, may be a form of protection against postpartum depression symptoms. While smoking and being vitamin D deficient during pregnancy and having a very low birth weight infant cause interferences with the mother and infant meeting all needs on Maslow’s hierarchy, these things are leading causes of postpartum depression. A mother with postpartum depression affects her infant’s emotional and cognitive development. Maternal depression leads to lower cognitive scores in healthy term infants. Section 3: Part 1- Reference List


Section 3: Part 2- Article Information

Article 1: “Prenatal health behaviors and postpartum depression: is there an association?”

- **Research Question:** Little research has investigated the connections between prenatal health activities and postpartum depression. This article was designed to investigate the association of cigarette smoking and other prenatal health behaviors with postpartum depressive symptoms at two months after a child is born. A lot of researchers limit the start of postpartum depression symptoms to one month after birth, but this study focuses on symptoms that are prevalent two months after birth. The researchers did not make a hypothesis for this study.

- **Method:** The participants in this three-year study were gathered from the postpartum floor from one of two “birthing” hospitals in the state. The mothers that participated in this study were selected according to smoking status, 18 years of age and older, spoke English, and agreed to sign a consent form. Six hundred and sixty-two women out of the nine hundred and thirty-two that were a part of this study agreed to be interviewed 24 hours after giving birth at the hospital. At about two months postpartum, out of the same group of women, five hundred and twenty-six of them agreed to do a follow-up interview at home. The interviews consisted of the use of the Edinburgh Postnatal Depression Scale (EPDS) which involved the women giving nine propositions about how they felt within the past week. Originally, the EPDS was made up of ten items, but item ten was cut out in order to obtain the most accurate results. The responses were arranged into four categories ranging from 0 to 3. This technique is how the dependent variable was measured. Prenatal health behaviors, perinatal factors, measures of personal distinctions,
and stress-related factors were all included in the control and independent variables of this study. Researchers strictly collected data through hospital and home interviews.

- **Discussion:** The results of the study showed that prenatal smoking was associated with depressive symptoms two months after delivery. Mothers who had smoked during pregnancy scored 2.34 points greater on the EPDS than women who had not smoked. Therefore, the study supported the idea that prenatal smoking is a possible cause of postpartum depression.

- **Human Development:** This information shows that smoking cigarettes during pregnancy is a likely cause of postpartum depression. These conclusions will likely influence expectant mothers to lay off smoking while pregnant. Smoking puts a fetus at risk for future developmental issues. Smoking while pregnant also affects the mother’s ability to properly bond with her child after birth especially if she is diagnosed with postpartum depression. If a mother continues to smoke when her child is born the child is being exposed to second-hand smoke which is also dangerous for the child’s health.

**Article 2:** “Postpartum Depression in Mothers of Infants with Very Low Birth Weight”

- **Research Question:** The original goal of this study was to compare the amount of depressive symptoms in mothers that had low birth weight infants (LBW) with the amount of symptoms found in mothers of very low birth weight babies (VLBW). The modified goal of this study was to investigate the association of levels of depressive symptoms in mothers that had very low birth weight infants. Researchers hypothesized that a mother’s stress level increases with decreasing birth weight. This could be a possible explanation for the relation between having depressive symptoms and a very low birth weight baby because having a VLBW infant might be considered a stressful event.
that leads to postpartum depression. The researchers also hypothesized that having depression during pregnancy can increase the risk of the infant having a VLBW.

- **Method:** This was a five-month long study of infant mothers between the age of 18 and 35 that were selected from the Neonatology Outpatient Clinic of Meram Faculty of Medicine. Participants had to meet the age criteria to qualify for the study and be able to read and understand the Turkish language. Mothers with more than one birth were not allowed to participate. The participants in this study were divided into three groups out of 105 mothers total. The first group consisted of 35 moms with VLBW infants, the second group included 35 moms of LBW infants, and the last group was 35 moms who had healthy babies. The study began for the women when their infants were about five months of age during their routine clinic visits. This study was set up as a semi-structured interview that was used to collect demographic characteristic information on mothers and their newborns. Like article one’s method, the Edinburgh Postpartum Depression Scale was used in this study to discover maternal depression symptoms. Another scale was also used in this study to evaluate the mothers’ amount of social support called the Multidimensional Scale of Perceived Social Support (MSPSS). The MSPSS measured levels of the mothers’ sensed social support by using a 12-component self-report scale.

- **Discussion:** The outcome of this study was supportive of the researchers’ initial question. The results of the study showed that depressive symptoms were in fact higher in mothers of VLBW infants compared to the mothers of LBW and healthy babies. A combination of lengthy hospital stays and low birth weight were predicted to be the main causes of postpartum depression in mothers that had VLBW infants. In this examination, the mothers’ high scores on the EPDS were associated with their infants having VLBW.
- **Human Development**: This proves that having a VLBW infant is a leading cause for mothers having postpartum depression. This should encourage mothers to seek counseling if their babies are born with VLBW. Very low birth weight not only causes bonding complications between a depressed mother and her infant but it can also lead to other complications for the infant later in life.

**Article 3**: “Low maternal serum vitamin D during pregnancy and the risk for postpartum depression symptoms”

- **Research Question**: Researchers in this study wanted to conduct research that evaluated the affiliation between low vitamin D in mothers and postpartum depression. It is not uncommon for women to lack in this supplement during pregnancy, which made researchers have that much more curiosity about its link with mother’s that show depressive symptoms. They hypothesized that postpartum depression would show a higher occurrence in mothers that were deficient in vitamin D during pregnancy.

- **Method**: The 796 of 2,900 Caucasian women that took part in this two-year study were around 18 weeks pregnant. The women in this study were not divided into particular groups. In this study, the participants were given a clinical exam and a short questionnaire three days after birth. Once again the questionnaire that was used in this study was also the EPDS, except only six of the ten questions were asked. A couple of questions were asked regarding mood fluctuations and appetite change. The higher the scores were, the poorer the mood that was detected. These participants also had blood drawn and tested for vitamin D concentrations by using an enzyme immunoassay kit.

- **Discussion**: The study concluded that an association between low levels of vitamin D and postpartum depression symptoms was present three days post birth. This study also
allowed researchers to gain more knowledge about the potential role that levels of vitamin D can play in depression. The hypothesis that was made at the beginning of this study was proved to be correct.

- **Human Development**: This study should influence expectant moms to stay in tune with their vitamin D intake, particularly during their second trimester. Developing postpartum depression from vitamin D insufficiency can cause problems with an infant’s brain functioning later in life. Mothers that make sure they are getting the adequate amount of prenatal supplements are doing a favor for themselves and for their infants. This protects both mother and child from potential obstacles that could occur at the time of birth and later in life.
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The verb "affect" means "to influence or produce an effect on." As a noun "effect" is a result. As a verb "effect" means "to bring into existence." While in most cases, an effect is the result of all that has been done to affect a situation, it is possible for one person to effect change.

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