

Please support us so we can help.

### Membership application

I hereby declare that I will join Schatten & Licht e.V. as:

- Member (45 Euro/year)
- Membership for professionals (60 Euro/year)
- Sponsoring member \_\_\_\_\_ (more than 60 Euro/year)

(The respective contribution is fully tax-deductible).

I authorize Schatten & Licht e.V. to collect payments from my account via direct debit. At the same time, I instruct my bank to honor the direct debits drawn by Schatten & Licht e.V. on my account. Note: I am entitled to a refund of the debited amount within eight weeks of the debit date, subject to the terms and conditions agreed with my bank.

\_\_\_\_\_

Name, first name

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\_\_\_\_\_

Street, No.

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\_\_\_\_\_

Postal Code, City

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\_\_\_\_\_

Telephone

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\_\_\_\_\_

Mobile

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\_\_\_\_\_

E-mail

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\_\_\_\_\_

Occupation

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\_\_\_\_\_

Account Holder

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IBAN \_\_\_\_\_

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BIC \_\_\_\_\_

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\_\_\_\_\_

Bank

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Date \_\_\_\_\_ Signature \_\_\_\_\_

Please return to:  
Schatten & Licht e.V., Sabine Surholt,  
Obere Weinbergstr. 3, 86465 Welden



### The Schatten & Licht e.V. Association

Schatten & Licht e.V. (Shadow & Light) was founded in 1996 as a nationwide, non-profit association by affected women. It is part of the global network „Postpartum Support International.“ The association focuses on conditions that can occur during and after pregnancy: Peripartum Depression, Peripartum Anxiety and Obsessive-Compulsive Disorder, and Peripartum Psychosis. *(Latin: peri = around, partus = childbirth)*

### Support Services and Goals of the Association

- Contact lists for affected persons and their families
- Nationwide counselling and self-help groups
- Nationwide list of professionals
- Information on specialized mother-child facilities
- Literature recommendations
- Tips for family members
- Prevention care
- Support for scientific research
- (Online) trainings, lectures
- Raising public awareness
- Multilingual website with moderated forums
- Free flyers, information brochures and posters

We aim to break the myth of the ever-happy parent and end the taboo surrounding peripartum issues.



### Contact

Office/Chairwoman:  
Sabine Surholt (Mag. Art.)  
Obere Weinbergstr. 3  
86465 Welden



Tel. 08293/965864  
info@schatten-und-licht.de  
www.schatten-und-licht.de

You can find further telephone advice services on the website.

Local self-help group or free advice from the Schatten & Licht e.V. association:

\_\_\_\_\_

Please support us with a membership or donation so we can help.

Bank details:  
Schatten & Licht e.V.  
IBAN: DE64 2001 0020 0220 5112 03  
BIC: PBNKDEFFXXX  
Postbank Hamburg

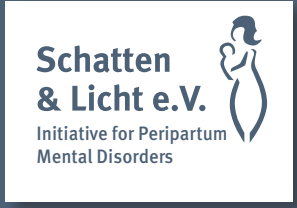
Payment via PayPal:  
paypal@schatten-und-licht.de

Creditor ID: DE56 ZZZO 0000 0377 61  
Register of associations: Walsrode Local Court No. 120240



## Depression, Anxiety and Obsessive-Compulsive Disorder Around Childbirth

[www.schatten-und-licht.de](http://www.schatten-und-licht.de)



Status: 2025/01 Photos: Miss - photocase; Oksana Kuzmina - stock.adobe.com; highwaystarz - stock.adobe.com; AntoniuGullem - stock.adobe.com Design: G&P Grafik und Produktion, Bonn

Anxiety and uncertainty during pregnancy?  
Tears and feelings of guilt instead of the  
bliss of motherhood?

Depression and overwhelm instead  
of the joy of fatherhood?



Far more parents than commonly assumed struggle with a mental health crisis around the birth of their child. In Germany alone, around 100,000 women and many men are affected every year. The illness often leads to severe self-doubt and feelings of guilt, as they struggle with daily life and bonding with their child.

Those affected often withdraw, try to hide their condition, and, despite deep despair, strive to maintain the façade of a happy and perfect mother or a confident father. Many endure weeks of misdiagnoses, seeing doctor after doctor before their condition is correctly recognized.

The causes of these peripartum reactions vary from person to person, as biological, psychological, social, and societal factors interact in different ways. In most cases, it is the interplay of multiple contributing factors that leads to psychological overload.

If you have questions or need support during a mental health crisis related to childbirth, please contact the address on the reverse.

## Peripartum Depression/Peripartum Anxiety and Obsessive-Compulsive Disorder (OCD)

These conditions can arise at any time during pregnancy or within the first two years after childbirth. They can range from mild adjustment disorders to severe, suicidal forms. A gradual onset is typical, affecting approximately 10 to 20 percent of all mothers and fathers.

### ■ Typical symptoms may include:

- Fatigue, exhaustion, and lack of energy
- Sadness, frequent crying
- Feelings of guilt and inadequacy
- A sense of emptiness
- General disinterest and loss of sexual desire
- Mixed or ambivalent feelings toward the child
- Concentration, appetite, and sleep disturbances
- Headaches, dizziness, heart problems, and other psychosomatic complaints
- Anxiety, extreme irritability, panic attacks, obsessive thoughts (recurring destructive ideas and images that are not acted upon)
- Suicidal thoughts or thoughts of harming the child

## Peripartum Psychosis

Peripartum psychosis can sometimes occur during pregnancy but most commonly arises within the first two weeks after childbirth. It affects one to three out of every thousand mothers.

### ■ Possible symptoms include:

- Severe restlessness and excessive energy (manic phase)
- Lack of energy, reduced movement, and apathy (depressive phase)
- Intense anxiety
- Confusion, delusions, hallucinations
- Personality changes

## Self-Assessment-Questionnaire Edinburgh-Postnatal-Depression-Scale *plus*

*Please place a check-mark by the answer that comes closest to how you felt in the past seven days, not just how you feel today.*

- 1. I have been able to laugh and see the funny side of things.**  
 [0] As much as I always could.  
 [1] Not quite so much now.  
 [2] Definitely not so much now.  
 [3] Not at all.
- 2. I have looked forward with enjoyment to things.**  
 [0] As much as I ever did.  
 [1] Rather less than I used to.  
 [2] Definitely less than I used to.  
 [3] Hardly at all.
- 3. I have blamed myself unnecessarily when things went wrong.**  
 [3] Yes, most of the time.  
 [2] Yes, some of the time.  
 [1] Not very often.  
 [0] No, never.
- 4. I have been anxious and worried for no good reason.**  
 [0] No, not at all.  
 [1] Hardly ever.  
 [2] Yes, sometimes.  
 [3] Yes, very often.
- 5. I have felt scared and panicky for no good reason.**  
 [3] Yes, quite a lot.  
 [2] Yes, sometimes.  
 [1] No, not much.  
 [0] No, not at all.
- 6. Things have been getting on top of me.**  
 [3] Yes, most of the time I haven't been able to cope.  
 [2] Yes, sometimes I haven't been coping as well as usual.  
 [1] No, most of the time I have coped quite well.  
 [0] No, I have been coping as well as ever.
- 7. I have been so unhappy that I have difficulty sleeping.**  
 [3] Yes, most of the time.  
 [2] Yes, sometimes.  
 [1] Not very often.  
 [0] No, not at all.

### 8. I have felt very sad or miserable.

- [3] Yes, most of the time.
- [2] Yes, quite often.
- [1] Not very often.
- [0] No, not at all.

### 9. I have been so unhappy that I have been crying.

- [3] Yes, most of the time.
- [2] Yes, quite often.
- [1] Only occasionally.
- [0] No, never.

### 10. The thought of harming myself has occurred to me.

- [3] Yes, quite often.
- [2] Sometimes.
- [1] Hardly ever.
- [0] Never.

### 11. Have you ever experienced violence or sexual assault?

- [3] Yes, quite often.
- [2] Yes, sometimes.
- [1] Rarely.
- [0] Never.

### 12. I experienced my childbirth ...

- [0] as fulfilling.
- [1] as okay.
- [2] unexpectedly difficult / with complications.
- [3] traumatizing.

### 13. I have experienced my pregnancy (so far) as...

- [3] very stressful.
- [2] stressful.
- [1] largely positive.
- [0] positive.

### Evaluation:

Complete all 13 items and find your score by adding each number that appears in parentheses. If your score is above 13 you may have mental health problems.

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