

# **Avances investigativos desde la terapia cognitivo-conductual para el tratamiento de la depresión posparto en nuevas madres**

## **Nombres y apellidos**

Blanca Caro Barcinilla  
Lesly Diaz Bohórquez  
Idalenis Redondo Brito

## **Código estudiantil:**

20212128937940  
2025117270912  
2025117270870

Trabajo de Investigación presentado como requisito para optar el título de:

## **Especialista en Psicología Clínica**

## **Tutor(es):**

**Milgen Sánchez Villegas**

## **RESUMEN**

La depresión posparto (DPP) es un trastorno del estado de ánimo común que afecta entre el 15% y el 20% de las mujeres durante el periodo perinatal. Este trastorno puede tener un impacto significativo en la salud mental de la madre, el desarrollo del niño y la dinámica familiar. Los síntomas incluyen tristeza persistente, falta de placer en actividades que antes disfrutaban, problemas para dormir, fatiga y sentimientos de inutilidad. No solo afecta la calidad de vida de la madre, sino que también puede influir en su relación con el recién nacido y en el funcionamiento del entorno familiar. En este sentido, la Terapia Cognitivo-Conductual (TCC) se ha establecido como una de las principales intervenciones

psicológicas, gracias a su efectividad en la reducción de síntomas de depresión y ansiedad, así como en el fomento de la autoeficacia y el bienestar psicosocial. Este trabajo presenta una revisión que analiza 24 estudios publicados entre 2020 y 2024 sobre la aplicación de la TCC en madres que sufren de DPP. Se examinan aspectos como la metodología, las características de las intervenciones, el número de sesiones, los resultados obtenidos y las limitaciones encontradas. Los resultados indican que la TCC es efectiva tanto en formatos presenciales como virtuales, ya sea en sesiones individuales o grupales, autoguiadas o dirigidas por pares capacitados, lo que demuestra su versatilidad y aplicabilidad en diferentes contextos. Además, se resalta que estas intervenciones no solo ayudan a reducir los síntomas depresivos, sino que también mejoran la calidad del vínculo entre madre e hijo y el bienestar familiar. Sin embargo, las limitaciones metodológicas, como el tamaño reducido de las muestras, sesgos de selección y la falta de seguimiento a largo plazo, subrayan la necesidad de fortalecer futuras investigaciones. En conclusión, la TCC se presenta como una estrategia terapéutica y preventiva muy efectiva para la DPP, con un gran potencial para ser aplicada en diferentes entornos clínicos y comunitarios. La evidencia recopilada en esta revisión proporciona información valiosa para la práctica clínica, el diseño de programas de salud pública y la creación de políticas que busquen fortalecer la salud mental de las madres.

**Palabras clave:** Salud Mental Materna, Depresión Posparto, Intervenciones Psicológicas, Terapia Cognitivo-Conductual.

## ABSTRACT

Postpartum depression (PPD) is a common mood disorder that affects between 15% and 20% of women during the perinatal period. This condition can have a significant impact on maternal mental health, child development, and family dynamics. Symptoms include persistent sadness, loss of pleasure in previously enjoyed activities, sleep disturbances, fatigue, and feelings of worthlessness. PPD not only affects the mother's quality of life but can also influence her relationship with the newborn and the functioning of the family environment. In this regard, Cognitive-Behavioral Therapy (CBT) has been established as one of the main psychological interventions due to its effectiveness in reducing symptoms of depression and anxiety, as well as promoting self-efficacy and psychosocial well-being. This project presents a review of 24 studies published between 2020 and 2024 on the application of CBT in mothers suffering from PPD. The review examines aspects such as methodology, characteristics of the interventions, number of sessions, outcomes, and reported limitations. Findings indicate that CBT is effective across both in-person and online formats, whether delivered individually or in groups, self-guided, or facilitated by trained peers, demonstrating its versatility and applicability in diverse contexts. Moreover, these interventions not only

contribute to reducing depressive symptoms but also enhance the quality of the mother–infant bond and overall family well-being. However, methodological limitations including small sample sizes, selection biases, and the lack of long-term follow-up highlight the need for more robust research. In conclusion, CBT emerges as a highly effective therapeutic and preventive strategy for PPD, with great potential for implementation in clinical and community settings. The evidence gathered in this review provides valuable insights for clinical practice, public health program design, and the development of policies aimed at strengthening maternal mental health.

**Keywords:** Maternal Mental Health, Postpartum Depression, Psychological Interventions, Cognitive-Behavioral Therapy.

## REFERENCIAS BIBLIOGRÁFICAS

1. Al Dasoqi, K. Y., Malak, M. Z., Alhadidi, M., Subih, M. M., & Safadi, R. (2023). Postpartum depression among first-time Jordanian mothers: levels and associated factors. *Psychology, Health & Medicine*, 28(6), 1527–1539. <https://doi.org/10.1080/13548506.2022.2119485>
2. Alhaj Ahmad, M., Al Awar, S., Sayed Sallam, G., Alkaabi, M., Smetanina, D., Statsenko, Y., & Zaręba, K. (2024). Biopsychosocial predictors of postpartum depression: Protocol for systematic review and meta-analysis. *Healthcare*, 12(6), 650. <https://doi.org/10.3390/healthcare12060650>
3. Alivand, Z., Nourizadeh, R., Hakimi, S., Esmailpour, K., & Mehrabi, E. (2024). Comparing the effect of haptonomy and CBT-based counseling on childbirth experience and postpartum depression of women with high fear of childbirth: A randomized clinical trial. *Journal of Education and Health Promotion*, 13(1), [https://doi.org/354.10.4103/jehp.jehp\\_1075\\_23](https://doi.org/354.10.4103/jehp.jehp_1075_23)
4. Alvarado, A. A., Zumbado, E. R., & Zumbado, M. F. A. (2021). Depresión postparto. *Revista Médica Sinergia*, 6(09). <https://doi.org/10.31434/rms.v6i9.712>
5. Amani, B., Krzeczowski, J., Savoy, C., Schmidt, L., & Van Lieshout, R. (2023). The impact of peer-delivered cognitive behavioral therapy for postpartum depression on infant emotion regulation. *Journal Of Affective Disorders*, 338, 380-383. <https://doi.org/10.1016/j.jad.2023.05.096>
6. Amani, B., Merza, D., Savoy, C., Streiner, D., Bieling, P., Ferro, M. A., & Van Lieshout, R. J. (2022). Peer-Delivered Cognitive-Behavioral Therapy for Postpartum

Depression: A Randomized Controlled Trial. *The Journal of Clinical Psychiatry*, 83(1), 21m13928. <https://doi.org/10.4088/JCP.21m13928>

7. American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., Text Rev.; DSM-5-TR). American Psychiatric Association.
8. Araujo, L. V., Rodríguez, G. A. G., Montero, C. V., & Armenta, R. E. A. (2025). Intervenciones no farmacológicas eficaces para la depresión perinatal asociada a mujeres embarazadas: Una revisión integrativa. *Revista Científica Salud Uninorte*, 41(3), 1001-1023. <https://doi.org/10.14482/sun.41.03.896.414>
9. Arévalo Colcha, G. E., Jaramillo Oyervide, J. A., & Reivan Ortiz, G. G. (2025). Terapia cognitivo conductual en el tratamiento de la depresión postparto: Una revisión sistemática. *Revista Multidisciplinaria Investigación Contemporánea*, 3(2), 365–394. <https://doi.org/10.58995/redlic.rmic.v3.n2.a113>
10. Babiy, Z., Layton, H., Savoy, C. D., Xie, F., Brown, J. S. L., Bieling, P. J., Streiner, D. L., Ferro, M. A., & Van Lieshout, R. J. (2024). One-Day Peer-Delivered Cognitive Behavioral Therapy-Based Workshops for Postpartum Depression: A Randomized Controlled Trial. *Psychotherapy and Psychosomatics*, 93(2), 129–140. <https://doi.org/10.1159/000536040>
11. Beck, A. T. (1976). *Cognitive therapy and the emotional disorders*. International Universities Press. <https://psycnet.apa.org/record/1976-28303-000>.
12. Betancourt Zambrano, S., Verdezoto Michuy, C., Bajaña Mendieta, I., Macías Sánchez, K., Correa Pacheco, S., & Bajaña Quintana, E. (2025). *Depresión posparto en mujeres jóvenes* (1.ª ed.). Casa Editora del Polo. <https://doi.org/10.23857/978-9942-684-36-3>
13. Branquinho, M., Canavarro, M., & Fonseca, A. (2022). A Blended Cognitive-Behavioral Intervention for the Treatment of Postpartum Depression: A Case Study. *Clinical Case Studies*, 21(5), 438-456. <https://doi.org/10.1177/15346501221082616>
14. Branquinho, M., Canavarro, M., & Fonseca, A. (2024). Blended CBT Intervention vs. a Guided Web-Based Intervention for Postpartum Depression: Results From a Pilot Randomized Controlled Trial. *Clinical Psychology & Psychotherapy*, 31(6). <https://doi.org/10.1002/cpp.70007>

15. Brito, A. P. A., Paes, S. D. O. G., Feliciano, W. L. L., & Riesco, M. L. G. (2022). Sufrimiento mental durante el puerperio: conocimiento del equipo de enfermería. *Cogitare Enfermagem*, 27, e81118. <https://doi.org/10.5380/ce.v27i0.87604>
16. Cáceres, R., Martínez-Aguayo, J. C., Arancibia, M., & Sepúlveda, E. (2017). Efectos neurobiológicos del estrés prenatal sobre el nuevo ser. *Revista Chilena de Neuro-Psiquiatría*, 55(2). <https://doi.org/10.4067/S0717-92272017000200005>
17. Cafiero, P. J., & Justich Zabala, P. (2024). Depresión puerperal: impacto en la madre gestante y en el desarrollo físico, emocional y cognitivo posnatal de sus hijas/os: una mirada ecológica. *Archivos Argentinos de Pediatría*, 122(3), e20231021. <http://dx.doi.org/10.5546/aap.2023-10217>
18. Çankaya, S., & Alan Dikmen, H. (2022). The effects of family function, relationship satisfaction, and dyadic adjustment on postpartum depression. *Perspectives in Psychiatric Care*, 58(4). <https://doi.org/10.1111/ppc.13081>
19. Caparrós-González, R. A., & Rodríguez-Muñoz, M. F. (2020). Depresión posparto paterna: visibilidad e influencia en la salud infantil. *Clínica y Salud*, 31(3), 161-163. <https://doi.org/10.5093/clysa2020a10>
20. Carlson, K., Mughal, S., Azhar, Y., & StatPearls Publishing. (2025). *Perinatal depression*. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK519070/>
21. Carona, C., Pereira, M., Araújo-Pedrosa, A., Canavarro, M. C., & Fonseca, A. (2023). The Efficacy of Be a Mom, a Web-Based Intervention to Prevent Postpartum Depression: Examining Mechanisms of Change in a Randomized Controlled Trial. *JMIR Mental Health*, 10, e39253. <https://doi.org/10.2196/39253>
22. Castro-Herrera, O., & Ku-Chung, E. (2025). Impacto psicológico del embarazo en las madres subrogadas: una revisión narrativa. *Revista Chilena de Obstetricia y Ginecología*, 90(1), 25-35. <http://dx.doi.org/10.24875/rechog.24000102>
23. Chancas Yauri, L. M., Acuña, B. J., Muñoz de la Torre, R. J., & Paucar Pino, M. J. (2023). Factores Asociados a la Depresión Post Parto en Tiempos de Covid – 19. *Ciencia Latina Revista Científica Multidisciplinar*, 7(5), 7969-7979. [https://doi.org/10.37811/cl\\_rcm.v7i5.8375](https://doi.org/10.37811/cl_rcm.v7i5.8375)

24. Chechko, N., Losse, E., Frodl, T., & Nehls, S. (2023). Baby blues, premenstrual syndrome and postpartum affective disorders: intersection of risk factors and reciprocal influences. *BJPSYCH Open*, 10(1), e3. <https://doi.org/10.1192/bjo.2023.612>
25. Corona Lisboa, J. L. (2015). Use and importance of monographs. *Revista Cubana de Investigaciones Biomédicas*, 34(1), 64-68. [http://scielo.sld.cu/scielo.php?script=sci\\_arttext&pid=S0864-03002015000100007&lng=es&tlng=en](http://scielo.sld.cu/scielo.php?script=sci_arttext&pid=S0864-03002015000100007&lng=es&tlng=en)
26. de Oliveira Pereira, G., dos Santos, F. M., de Oliveira Pereira, G., dos Santos, L. M., Lobo, L. S., & Faria, F. C. (2025). Depressão pós-parto: uma investigação acerca de partos prematuros. *Revista Eletrônica Acervo Saúde*, 25(5), e20477-e20477. <https://doi.org/10.25248/reas.e20477.2025>
27. Dennis, C. L., Singla, D. R., Brown, H. K., Savel, K., Clark, C. T., Grigoriadis, S., & Vigod, S. N. (2024). Postpartum Depression: A Clinical Review of Impact and Current Treatment Solutions. *Drugs*, 84(6), 645–659. <https://doi.org/10.1007/s40265-024-02038-z>
28. Dimcea, D. A., Petca, R. C., Dumitrașcu, M. C., Șandru, F., Mehedințu, C., & Petca, A. (2024). Postpartum Depression: Etiology, Treatment, and Consequences for Maternal Care. *Diagnostics*, 14(9), 865. <https://doi.org/10.3390/diagnostics14090865>
29. Domínguez-Mejías, M. (2022). depresión posparto: importancia de la actuación de la matrona. A propósito de un caso. *Revista Científico Sanitaria Sanum*, 5(4), 38-46. [https://revistacientificasanum.com/wp-content/uploads/Vol5n4/Vol5n4-Articulos-PDF/sanum\\_v5\\_n4\\_a5.pdf](https://revistacientificasanum.com/wp-content/uploads/Vol5n4/Vol5n4-Articulos-PDF/sanum_v5_n4_a5.pdf)
30. Duffecy, J., Grekin, R., Long, J., Mills, J., & O'Hara, M. (2022). Randomized controlled trial of Sunnyside: Individual versus group-based online interventions to prevent postpartum depression. *Journal Of Affective Disorders*, 311, 538-547. <https://doi.org/10.1016/j.jad.2022.05.123>
31. Dutan, E. V. H., Alvarez, M. G. C., & Pacheco, A. V. G. (2022). Factores de riesgo relacionados con la depresión posparto. *Vive Revista de Salud*, 5(15), 679-687. <https://doi.org/10.33996/revistavive.v5i15.179>
32. Ekpenyong, M. S., & Munshitha, M. (2023). The impact of social support on postpartum depression in Asia: A systematic literature review. *Mental Health & Prevention*, 30. <https://doi.org/10.1016/j.mhp.2023.200262>

33. Elizabeth, A. C. G., Oyervide, J. A. J., & Ortiz, G. G. R. (2025). Terapia Cognitivo Conductual en el Tratamiento de la Depresión Postparto: Una Revisión Sistemática. *Revista Multidisciplinaria Investigación Contemporánea*, 3(2), 5. <https://dialnet.unirioja.es/servlet/articulo?codigo=10167530>
34. Ellis, A. (1962). *Reason and emotion in psychotherapy*. Lyle Stuart. <https://psycnet.apa.org/record/1963-01437-000>
35. Errazuriz, A., Avello-Vega, D., Ramirez-Mahaluf, J. P., Torres, R., Crossley, N. A., Undurraga, E. A., & Jones, P. B. (2023). Prevalence of depressive disorder in the adult population of Latin America: a systematic review and meta-analysis. *Lancet Regional Health. Americas*, 26, 100587. <https://doi.org/10.1016/j.lana.2023.100587>
36. Escobedo, C. R., de Chávez Ramírez, D. R., & Perales, C. A. (2024). Factores psicosociales que determinan la depresión postparto en la Ciudad de Jerez, Zacatecas, México. *Revista Médica de la Universidad de Costa Rica*, 18(2). <https://doi.org/10.15517/rmucr.v18i2.59301>
37. Flores, J. R. (2024). Control del dolor posoperatorio en obstetricia. En R. Carrillo Esper (Ed.), *Dolor agudo posoperatorio* (Clínicas Mexicanas de Anestesiología, Vol. 13). Editorial Alfil.
38. Friedman, S. H., Reed, E., & Ross, N. E. (2023). Postpartum Psychosis. *Current Psychiatry Reports*, 25(2), 65–72. <https://doi.org/10.1007/s11920-022-01406-4>.
39. Gales, A., Bozal, S. T., Aso, N. A. G., Serrano, C. M. D., Ibruarben, M. T. B., & Villacampa, E. M. (2024). Depresión postparto. *Revista Sanitaria de Investigación*, 5(9), 44. <https://revistasanitariadeinvestigacion.com/depresion-postparto-2/>
40. Genchi-Gallardo, F. J., Paredes-Juárez, S., Solano-González, N. L., Rios-Rivera, C. E., Paredes-Solís, S., & Andersson, N. (2021). Prevalencia de depresión posparto y factores asociados en usuarias de un hospital público de Acapulco, Guerrero, México. *Ginecología y Obstetricia de México*, 98(12), 927-936. <https://doi.org/10.24245/gom.v89i12.6947>
41. Gratzer, D., & Khalid-Khan, F. (2016). Internet-delivered cognitive behavioural therapy in the treatment of psychiatric illness. *Canadian Medical Association Journal*, 188(4), 263–272. <https://doi.org/10.1503/cmaj.150007>

42. Guo, L., Zhang, J., Mu, L., & Ye, Z. (2020). Preventing Postpartum Depression With Mindful Self-Compassion Intervention: A Randomized Control Study. *The Journal of Nervous and Mental Disease*, 208(2), 101–107.  
<https://doi.org/10.1097/NMD.0000000000001096>
43. Guzmán, A. C., Martínez, N. H. M., & Corella, E. M. A. L. (2025). Sospecha de depresión en el embarazo. *Ciencia Latina Revista Científica Multidisciplinar*, 9(4), 6394-6402. [https://doi.org/10.37811/cl\\_rcm.v9i4.19254](https://doi.org/10.37811/cl_rcm.v9i4.19254)
44. Hellyer, E., Nash, K., Jones, E., Sitch, A., Jankovic, J., Berrisford, G., Macarthur, C. (2025). Postnatal Depression Beyond 12 Months: A Systematic Review and Meta-Analysis. *International Journal of Mental Health Nursing*, 34(2).  
<https://doi.org/10.1111/inm.70018>
45. Hernández Castillo, M. D. L. Á. (2022). Vivir el rol de la maternidad: Salud mental en el puerperio [Tesis de maestría, Universidade de Évora]. Repositório Universidade de Évora. <http://hdl.handle.net/10174/31714>
46. Huang, L., Zhao, Y., Qiang, C., & Fan, B. (2018). Is cognitive behavioral therapy a better choice for women with postnatal depression? A systematic review and meta-analysis. *PloS one*, 13(10), e0205243. <https://doi.org/10.1371/journal.pone.0205243>
47. Huh, K., Layton, H., Savoy, C., Ferro, M., Bieling, P., Hicks, A., & Van Lieshout, R. (2023). Online Public Health Nurse-Delivered Group Cognitive Behavioral Therapy for Postpartum Depression: A Randomized Controlled Trial During the COVID-19 Pandemic. *Journal Of Clinical Psychiatry*, 84(5).  
<https://doi.org/10.4088/JCP.22m14726>
48. Jairaj, C., Seneviratne, G., Bergink, V., Sommer, I. E., & Dazzan, P. (2023). Postpartum psychosis: A proposed treatment algorithm. *Journal of Psychopharmacology*, 37(10), 960–970. <https://doi.org/10.1177/02698811231181573>
49. Jannati, N., Mazhari, S., Ahmadian, L., & Mirzaee, M. (2020). Effectiveness of an app-based cognitive behavioral therapy program for postpartum depression in primary care: A randomized controlled trial. *International Journal of Medical Informatics*, 141, 104145. <https://doi.org/10.1016/j.ijmedinf.2020.104145>
50. Juscamaita, J. I. P., Chávez, J. J. O., & Espinoza, J. C. T. (2024). Escala de Edimburgo y el Cuestionario PHQ-9 (Patient Health Questionnaire) para diagnóstico de depresión post aborto. *European Public & Social Innovation Review*, 9, 1-18.  
<https://doi.org/10.31637/epsir-2024-1016>

51. Khamidullina, Z., Marat, A., Muratbekova, S., Mustapayeva, N. M., Chingayeva, G. N., Shepetov, A. M. & Aimagambetova, G. (2025). Postpartum Depression Epidemiology, Risk Factors, Diagnosis, and Management: An Appraisal of the Current Knowledge and Future Perspectives. *Journal of Clinical Medicine*, 14(7).  
<https://doi.org/10.3390/jcm14072418>
52. Köse Tuncer, S., & Kaloğlu Binici, D. (2022). The correlation between spousal support and postpartum depression in fathers. *Perspectives in Psychiatric Care*, 58(4), 2407–2413. <https://doi.org/10.1111/ppc.13075>
53. Kroska, E. B., & Stowe, Z. N. (2020). Postpartum Depression: Identification and Treatment in the Clinic Setting. *Obstetrics and Gynecology Clinics of North America*, 47(3), 409–419. <https://doi.org/10.1016/j.ogc.2020.05.001>
54. Krzeczkowski, J. E., Schmidt, L. A., & Van Lieshout, R. J. (2021). Changes in infant emotion regulation following maternal cognitive behavioral therapy for postpartum depression. *Depress Anxiety*, 38, 412 - 421. <https://doi.org/10.1002/da.23130>
55. Li, X., Laplante, D. P., Paquin, V., Lafortune, S., Elgbeili, G., & King, S. (2022). Effectiveness of cognitive behavioral therapy for perinatal maternal depression, anxiety and stress: A systematic review and meta-analysis of randomized controlled trials. *Clinical Psychology Review*, 92, 102129.  
<https://doi.org/10.1016/j.cpr.2022.102129>
56. López Acuña, M., & Nuñez Rosas, E. (2024). Abordaje de la depresión post parto. *REMUS - Revista Estudiantil de Medicina de la Universidad de Sonora*, 6(2).  
<https://doi.org/10.59420/remus.12.2024.227>
57. Marles Salazar, M. A., León León, Y. C., & Solarte Rosas, D. M. (2024). Depresión posparto: prevalencia y relación con la tipología y función familiar. *Revista Repertorio de Medicina y Cirugía*, 33(2), 170-177.  
<https://doi.org/10.31260/RepertMedCir.01217372.1379>
58. Merza, D., Amani, B., Savoy, C., Babiy, Z., Bieling, P. J., Streiner, D. L., Ferro, M. A., & Van Lieshout, R. J. (2024). Online peer-delivered group cognitive-behavioral therapy for postpartum depression: A randomized controlled trial. *Acta Psychiatrica Scandinavica*, 150(5), 422–432. <https://doi.org/10.1111/acps.13611>

59. Mikšić, Š., Uglešić, B., Jakab, J., Holik, D., Milostić-Srb, A., & Degmečić, D. (2020). Positive effect of breastfeeding on child development, anxiety, and postpartum depression. *International Journal of Environmental Research and Public Health*, 17(8), 2725. <https://doi.org/10.3390/ijerph17082725>
60. Milgrom, J., Danaher, B. G., Seeley, J. R., Holt, C. J., Holt, C., Ericksen, J., ... & Gemmill, A. W. (2021). Internet and face-to-face cognitive behavioral therapy for postnatal depression compared with treatment as usual: randomized controlled trial of MumMoodBooster. *Journal of Medical Internet Research*, 23(12), e17185. <https://doi.org/10.2196/17185>
61. Minotta-Rivera, Adriana I., Santamaría-Relayza, Percy D., & Cardona-Maya, Walter D.. (2024). Revisión narrativa sobre la depresión posparto: un problema que cada día es más común. *Revista Chilena de Obstetricia y Ginecología*, 89(4), 271-278. <https://dx.doi.org/10.24875/rechog.23000122>
62. Mitchell, A. R., Gordon, H., Lindquist, A., Walker, S. P., Homer, C. S., Middleton, A., Hastie, R. (2023). Prevalence of perinatal depression in low- and middle-income countries: A systematic review and meta-analysis. *JAMA Psychiatry*, 80(5), 425–431 <https://doi.org/10.1001/jamapsychiatry.2023.0069>
63. Monteiro, F., Pereira, M., Canavarro, M. C., & Fonseca, A. (2020). Be a Mom's Efficacy in Enhancing Positive Mental Health among Postpartum Women Presenting Low Risk for Postpartum Depression: Results from a Pilot Randomized Trial. *International Journal of Environmental Research and Public Health*, 17(13), 4679. <https://doi.org/10.3390/ijerph17134679>
64. Moore Simas, T. A., Whelan, A., & Byatt, N. (2023). Postpartum Depression-New Screening Recommendations and Treatments. *JAMA*, 330(23), 2295–2296. <https://doi.org/10.1001/jama.2023.21311>
65. Muñoz-Zapata, D. E., & Acuña, L. C. M. (2025). El papel de las redes sociales digitales como apoyo a la salud de mujeres colombianas durante el posparto. *El Ágora USB*, 25(1), 250-270. <https://doi.org/10.21500/16578031.7160>
66. Myers, S., & Johns, S. E. (2018). Postnatal depression is associated with detrimental life-long and multi-generational impacts on relationship quality. *PeerJ*, 6, e4305. <https://doi.org/10.7717/peerj.4305>
67. Nishi, D., Imamura, K., Watanabe, K., Obikane, E., Sasaki, N., Yasuma, N., . . . Kawakami, N. (2023). The preventive effect of internet-based cognitive behavioral

therapy for prevention of depression during pregnancy and in the postpartum period (iPDP): a large scale randomized controlled trial. *Psychiatry and Clinical Neurosciences*, 76(11), 570-578. <https://doi.org/10.1111/pcn.13458>

68. Ntow, K., Krzeczowski, J., Amani, B., Savoy, C., Schmidt, L., & Van Lieshout, R. (2021). Maternal and Infant Performance on the Face-to-Face Still-Face Task following Maternal Cognitive Behavioral Therapy for Postpartum Depression. *Journal Of Affective Disorders*, 278, 583-591. <https://doi.org/10.1016/j.jad.2020.09.101>
69. Pan, J., Luo, W., Zhang, H., Wang, Y., Lu, H., Wang, C., Li, C., Fu, L., Hu, Y., Li, Y., & Shen, M. (2025). The Effects of Online Cognitive Behavioral Therapy on Postpartum Depression: A Systematic Review and Meta-Analysis. *Healthcare*, 13(7), 696. <https://doi.org/10.3390/healthcare13070696>
70. Paolantonio, M. P., Manoiloff, L. M. V., & Faas, A. E. (2023). Incidencia de la depresión postparto y factores de riesgo asociados en madres cordobesas (Argentina). *Revista de Psicología (UNLP)*, 22(2). <https://doi.org/10.24215/2422572Xe166>
71. Pérez, G. L., de Gregorio, M. D. G., Farré-Sender, B., Giralt, M., Palacios, B., Sanz, C., & Serrano-Drozdzowskyj, E. (2024b). Sección Salud Mental Perinatal. *Psicosomàtica y Psiquiatría*, 28. <https://doi.org/10.60940/PsicosomPsiquiatnum2812>
72. Pérez, P. P. R., Moreno, C., Scholz, V. Q., Cordero, C., Landa, C., San Martín, C., ... & Zúñiga, A. K. (2024<sup>a</sup>). Efectividad de un programa de cambio personal en el desarrollo de competencias para conducir Terapia Cognitivo Conductual (TCC). *Revista Argentina de Ciencias del Comportamiento (RACC)*, 16(3), 197-198. <https://dialnet.unirioja.es/servlet/articulo?codigo=9833430>
73. Pettman, D., O'Mahen, H., Blomberg, O., Svanberg, A. S., von Essen, L., & Woodford, J. (2023). Effectiveness of cognitive behavioural therapy-based interventions for maternal perinatal depression: a systematic review and meta-analysis. *BMC Psychiatry*, 23(1), 208. <https://doi.org/10.1186/s12888-023-04547-9>
74. Pinheiro, R., Trettim, J., de Matos, M., Pinheiro, K., da Silva, R., Martins, C., ... Souza, L. (2021). Brief cognitive behavioral therapy in pregnant women at risk of postpartum depression: Pre-post therapy study in a city in southern Brazil. *Journal of Affective Disorders*, 290, 15 - 22. <https://doi.org/10.1016/j.jad.2021.04.031>

75. Pires, V. D. F. D., Guimarães, A. C. C. M., de Carvalho Nascimento, J. F., de Queiroz, I. B. B., de Amorim Barbosa Filho, A., Melo, J. V. B., ... & Machado, A. E. S. B. (2023). Repercussões clínicas da depressão pós-parto. *Revista Foco*, 16(9), e3017-e3017. <https://doi.org/10.54751/revistafoco.v16n9-031>
76. Prenoveau, J. M., Craske, M. G., West, V., Giannakakis, A., Zioga, M., Lehtonen, A., & Stein, A. (2017). Maternal postnatal depression and anxiety and their association with child emotional negativity and behavior problems at two years. *Developmental Psychology*, 53(1), 50-62. <https://doi.org/10.1037/dev0000221>
77. Qin, X., Liu, C., Zhu, W., Chen, Y., & Wang, Y. (2022). Preventing Postpartum Depression in the Early Postpartum Period Using an App-Based Cognitive Behavioral Therapy Program: A Pilot Randomized Controlled Study. *International Journal of Environmental Research and Public Health*, 19. <https://doi.org/10.3390/ijerph192416824>
78. Rai, B., Dagar, N., Chauhan, D., & Grover, S. (2023). Postpartum depression: An overview of reviews and guide for management. *Journal of Mental Health and Human Behaviour*, 28(1), 4 - 16. [https://doi.org/10.4103/jmhbb.jmhbb\\_254\\_22](https://doi.org/10.4103/jmhbb.jmhbb_254_22)
79. Ramírez Hernández, B. J. (2022). Tristeza posparto. *Revista Diversidad Científica*, 2(2), 1-7. <https://doi.org/10.36314/diversidad.v2i2.32>
80. Reyes, N. F. L., Santiago, D. K. L., Moncerrad, L. X. Q., & Vera, Y. A. M. (2021). Prevalencia y factores de riesgo de la evaluación precoz de la depresión posparto por medio del Test de Edinburgh en el Hospital de Especialidades Mariana de Jesús en el periodo del 1 marzo al 15 abril del 2016. *Reciamuc*, 5(2), 300-310. [https://doi.org/10.26820/reciamuc/5.\(2\).abril.2021.300-310](https://doi.org/10.26820/reciamuc/5.(2).abril.2021.300-310)
81. Rezaie-Keikhaie, K., Arbabshastan, M. E., Rafiemanesh, H., Amirshahi, M., Ostadkelayeh, S. M., & Arbabisarjou, A. (2020). Systematic Review and Meta-Analysis of the Prevalence of the Maternity Blues in the Postpartum Period. *Journal of Obstetric, Gynecologic and Neonatal Nursing: JOGNN*, 49(2), 127–136. <https://doi.org/10.1016/j.jogn.2020.01.001>
82. Robertson, K., & Wells, R. (2023). Black with 'Baby Blues': A Systematic Scoping Review of Programs to Address Postpartum Depression in African American Women. *Maternal and Child Health Journal*, 27(3), 413–425. <https://doi.org/10.1007/s10995-023-03589-5>

83. Rodríguez, N., Pérez, I., Miranda, E., & Santo, A. S. (2025). Madres y la depresión post-parto: Lo que no se sabe. *Revista Semilla Científica*, 7, 104-124.  
<https://orcid.org/0009-0005-3207-3081>
84. Rojas, G., Guajardo, V., Martínez, P., & Fritsch, R. (2018). Depresión posparto: tamizaje, uso de servicios y barreras para su tratamiento en centros de atención primaria. *Revista Médica de Chile*, 146(9), 1001–1007. <https://doi.org/10.4067/S0034-98872018000901001>
85. Rosales Nieves, G. K. (2024). Impacto de la depresión en mujeres durante la etapa de postparto [Tesis de maestría, Universidad de las Américas]. Repositorio Digital Universidad de las Américas. <http://dspace.udla.edu.ec/handle/33000/16933>
86. Rotheram-Fuller, E. J., Tomlinson, M., Scheffler, A., Weichle, T. W., Hayati Rezvan, P., Comulada, W. S., & Rotheram-Borus, M. J. (2018). Maternal patterns of antenatal and postnatal depressed mood and the impact on child health at 3-years postpartum. *Journal of Consulting and Clinical Psychology*, 86(3), 218–230.  
<https://doi.org/10.1037/ccp0000281>
87. Saharoy, R., Ashiwini, P., Wanjari, M., & Taksande, A. (2023). Postpartum depression and maternal care: exploring its complex effects on mothers and babies. *Cureus*, 15(7). <https://doi.org/10.7759/cureus.41381>
88. Salazar Sepúlveda, D., Usma Trujillo, M., Tobón Otálvaro, L. C., Aristizabál Gómez, I., García Henao, V., Calderón Álvarez, L. F., & Giraldo Montoya, D. I. (2022). Riesgo de depresión posparto en una institución de salud de Medellín. *Revista Colombiana de Enfermería*, 21(1), 4049. <https://doi.org/10.18270/rce.v21i1.4049>
89. Santiago Sanabria, L., Islas Tezpa, D., & Flores Ramos, M. (2022). Trastornos del estado de ánimo en el postparto. *Acta Médica Grupo Ángeles*, 20(2), 173-177.  
<https://doi.org/10.35366/104280>
90. Sarria-Cárcamo, H., León-Castañeda, C., & Carvajal-Maita, D. (2025). Factores de riesgo que predisponen a una depresión posparto: una revisión sistemática año 2023. *Revista Matronería Actual*, (1), 17-17.  
<https://doi.org/10.22370/revmat.1.2025.4605>
91. Seo, J-M., Kim, S., Na, H., Kim, J., & Lee, H. (2022). Effectiveness of a Mobile Application for Postpartum Depression Self-Management: Evidence from a Randomised Controlled Trial in South Korea. *Healthcare*, 10(11).  
<https://doi.org/10.3390/healthcare10112185>

92. Sepúlveda, D. S., Trujillo, M. U., Otálvaro, L. C. T., Gómez, I. A., Henao, V. G., Álvarez, L. F. C., & Montoya, D. I. G. (2024). Riesgo de depresión posparto en una institución de salud de Medellín. *Revista Colombiana de Enfermería*, 23(1), 2. <https://dialnet.unirioja.es/servlet/articulo?codigo=9783277>
93. Shang, J., Dolikun, N., Tao, X., Zhang, P., Woodward, M., Hackett, M., & Henry, A. (2022). The effectiveness of postpartum interventions aimed at improving women's mental health after medical complications of pregnancy: a systematic review and meta-analysis. *BMC Pregnancy Childbirth*, 22(1). <https://doi.org/10.1186/s12884-022-05084-1>
94. Sharmin, K. N., Sarwar, N., Mumu, S. J., Taleb, A., & Flora, M. S. (2019). Postnatal depression and infant growth in an urban area of Bangladesh. *Midwifery*, 74, 57–67. <https://doi.org/10.1016/j.midw.2019.03.014>
95. Shovers, S. M., Bachman, S. S., Popek, L., & Turchi, R. M. (2021). Maternal postpartum depression: risk factors, impacts, and interventions for the NICU and beyond. *Current Opinion In Pediatrics*, 33(3), 331–341. <https://doi.org/10.1097/MOP.0000000000001011>
96. Silang, K., Mackinnon, A., Madsen, J., Giesbrecht, G., Campbell, T., Keys, E., . . . Tomfohr-Madsen, L. (2024). Sleeping for two: A randomized controlled trial of cognitive behavioural therapy for insomnia (CBT-I) delivered in pregnancy and secondary impacts on symptoms of postpartum depression. *Journal of Affective Disorders*, 362, 670-678. <https://doi.org/10.1016/j.jad.2024.07.117>
97. Slomian, J., Honvo, G., Emonts, P., Reginster, J.-Y., & Bruyère, O. (2019). Consequences of maternal postpartum depression: A systematic review of maternal and infant outcomes. *Women's Health*, 15, 1745506519844044. <https://doi.org/10.1177/1745506519844044>
98. Surkan, P. J., Malik, A., Perin, J., Atif, N., Rowther, A., Zaidi, A., & Rahman, A. (2024). Anxiety-focused cognitive behavioral therapy delivered by non-specialists to prevent postnatal depression: a randomized, phase 3 trial. *Nature Medicine*, 30(3), 675–682. <https://doi.org/10.1038/s41591-024-02809-x>
99. Tambelli, R., Tosto, S., & Favieri, F. (2025). Psychiatric Risk Factors for Postpartum Depression: A Systematic Review. *Behavioral Sciences*, 15(2). <https://doi.org/10.3390/bs15020173>

100. Tang, L., Qing, H., Li, H., Liu, C., Wang, H., Sun, Y., Tan, Q., Wu, Y., Xiao, Y., Lai, J., Wang, L., Zhong, L., Huang, F., & Li, C. (2025). Reducing the risk of perinatal depression using an app-based cognitive behavioral therapy program: protocol of a randomized controlled trial. *Frontiers in Psychiatry*, *16*, 1544753. <https://doi.org/10.3389/fpsy.2025.1544753>
101. Tosto, V., Ceccobelli, M., Lucarini, E., Tortorella, A., Gerli, S., Parazzini, F., & Favilli, A. (2023). Maternity Blues: A Narrative Review. *Journal of Personalized Medicine*, *13*(1), 154. <https://doi.org/10.3390/jpm13010154>
102. Tsang, L. P., Ng, D. C., Chan, Y. H., & Chen, H. Y. (2019). Caring for the mother-child dyad as a family physician. *Singapore Medical Journal*, *60*(10), 497-501. <https://doi.org/10.11622/smedj.2019128>
103. Van Lieshout, R. J., Layton, H., Savoy, C. D., Xie, F., Brown, J. S. L., Huh, K., Bieling, P. J., Streiner, D. L., Ferro, M. A., & Haber-Evans, E. (2023). In-person 1-day cognitive behavioral therapy-based workshops for postpartum depression: a randomized controlled trial. *Psychological Medicine*, *53*(14), 6888–6898. <https://doi.org/10.1017/S0033291723000454>
104. Van Lieshout, R., Layton, H., Savoy, C., Brown, J., Ferro, M., Streiner, D., . . . Hanna, S. (2021). Effect of Online 1-Day Cognitive Behavioral Therapy-Based Workshops Plus Usual Care vs Usual Care Alone for Postpartum Depression A Randomized Clinical Trial. *JAMA Psychiatry*, *78*(11), 1200-1207. <https://doi.org/10.1001/jamapsychiatry.2021.2488>
105. Van Lieshout, R., Layton, H., Savoy, C., Haber, E., Feller, A., Biscaro, A., . . . Ferro, M. (2022). Public Health Nurse-delivered Group Cognitive Behavioural Therapy for Postpartum Depression: A Randomized Controlled Trial. *Canadian Journal of Psychiatry-Revue Canadienne de Psychiatrie*, *67*(6), 432-440. <https://doi.org/10.1177/07067437221074426>
106. Wang, D., Li, Y. L., Qiu, D., & Xiao, S. Y. (2021). Factors Influencing Paternal Postpartum Depression: A Systematic Review and Meta-Analysis. *Journal of Affective Disorders*, *293*, 51–63. <https://doi.org/10.1016/j.jad.2021.05.088>
107. Wilcox, M., McGee, B. A., Ionescu, D. F., Leonte, M., LaCross, L., Reps, J., & Wildenhaus, K. (2021). Perinatal depressive symptoms often start in the prenatal rather than postpartum period: results from a longitudinal study. *Archives of Women's Mental Health*, *24*(1), 119–131. <https://doi.org/10.1007/s00737-020-01017-z>

108. Yang, K., Wu, J., & Chen, X. (2022). Risk factors of perinatal depression in women: A systematic review and meta-analysis. *BMC Psychiatry*, 22(63).  
<https://doi.org/10.1186/s12888-021-03684-3>
109. Yu, Y., Liang, H. F., Chen, J., Li, Z. B., Han, Y. S., Chen, J. X., & Li, J. C. (2021). Postpartum Depression: Current Status and Possible Identification Using Biomarkers. *Frontiers in psychiatry*, 12, 620371.  
<https://doi.org/10.3389/fpsy.2021.620371>