

Exploring the link between alcohol and caffeine consumption and postpartum depression

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01. Introduction

Postpartum depression (PPD) in mothers starts when depressive symptoms build up from stressful and traumatic life events such as low socioeconomic status, facing numerous miscarriages, having a violent partner, or using substances. Research studies report that yearly 10% to 15% of new mothers encounter PPD but the ratio differs between developing and developed countries. The most common risk factors for PPD are low socioeconomic status, multiple miscarriages, partner violence, and substance use. PPD places a steep \$14 billion economic load each year on America's healthcare system, emphasizing the need for research investigation (Yu et al., 2021). The current study is based on a systemic literature review that aims to examine the relationship between postpartum depression and alcohol or caffeine consumption during pregnancy.

02. Methodology

This research examined recent scholarly studies (2017-2024) in scientific databases, including PubMed, Google Scholar, and ScienceDirect, to determine how alcohol or caffeine use affects postpartum depression. The researchers selected studies based on inclusion/exclusion criteria and synthesized the literature review. Fifteen articles from reputable publications were selected. Data selection targeted prevalence, risk factors, and mechanisms relating substance use with PPD.

03. Findings: Alcohol consumption and PPD

Research studies published between 2017 and 2024 were selected based on specific inclusion criteria. Fifteen articles from reputable publications were selected. Data selection targeted prevalence, risk factors, and mechanisms relating substance use with PPD.

Sociodemographic and Psychological Factors

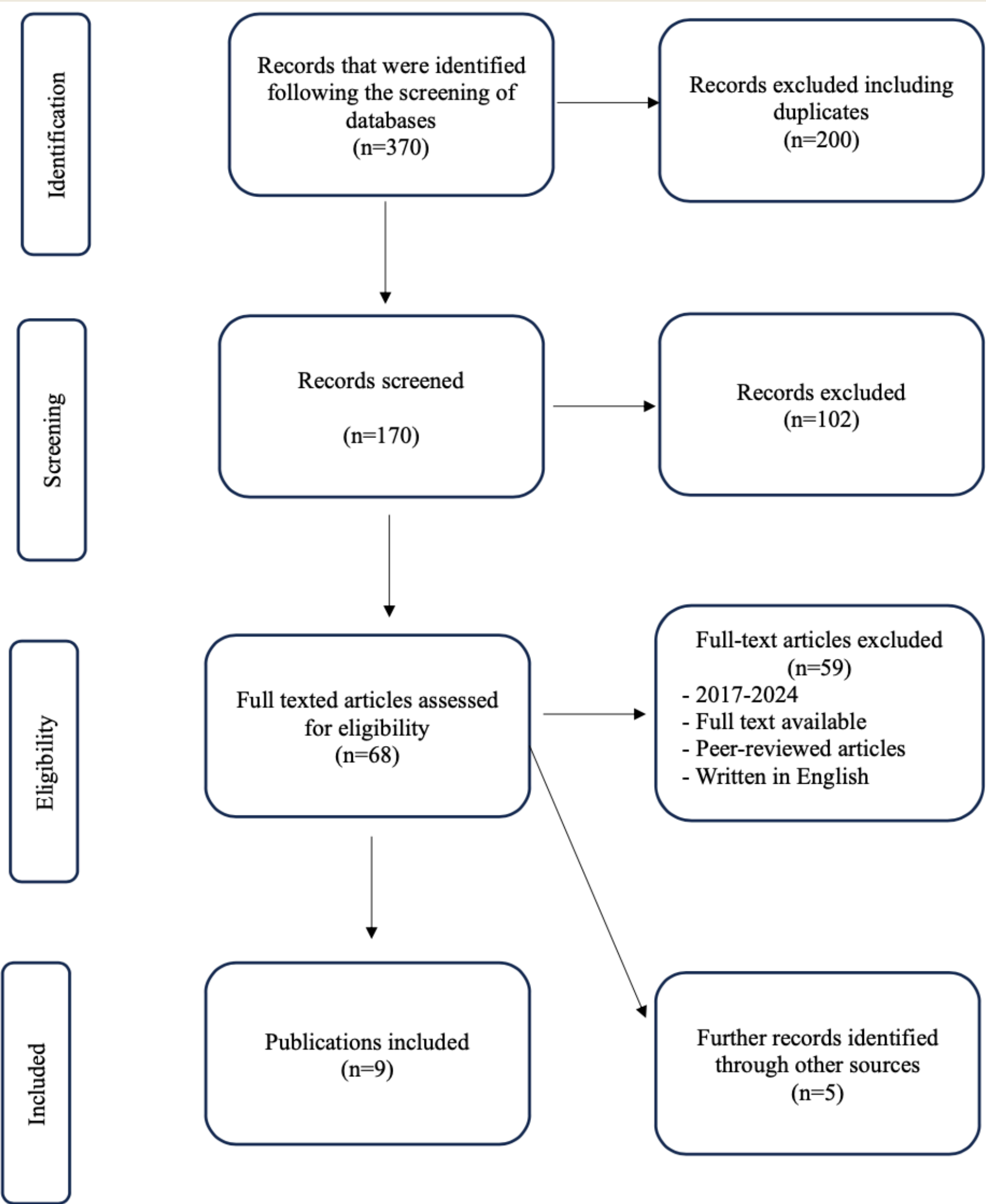
The significant predictors of PPD are low socioeconomic status, multiple miscarriages, unhealthy relationships with partners, and unplanned pregnancies. Alcohol and caffeine misuse intersect with other factors to increase the risk of severe mental health problems.

Biological Mechanisms

Alcohol consumption affects the hypothalamic-pituitary-gonadal axis disturbing the hormonal system and causing depressive symptoms.

Chronic caffeine consumption changes dopaminergic system function into upset moods but its exact role in postpartum depression is unclear (Alasmari, 2020).

Search Terminology	Electronic databases		
	PubMed	Google Scholar	Science Direct
“Postpartum depression”	13,431	28,600	9,631
“postpartum depression” AND “caffeine”	6	1570	383
“Postpartum depression” AND “alcohol consumption”	239	7000	454
“PPD”	13,461	35,000	37,751
“PPD” AND “Alcohol consumption	33	6540	496
“PPD” AND “caffeine	6	1290	455



04. Findings: Caffeine consumption and PPD

The psychoactive compound caffeine in coffee can have a neuroprotective function. Researchers discovered that light coffee consumption can relate to better PPD outcomes (Wang et al., 2023). Other investigations found that high amounts of caffeine produced limited links with PPD but research and methodological variations affected these findings.

05. Conclusion

Research shows caffeine intake seems to defend against PPD yet indicates alcohol use raises PPD risks although findings vary between studies. Further research is required to discover how substance use relates to PPD and how pregnant and postpartum mothers can avoid this.

06. References

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