References

Abramowitz, J. S. (2009). *Getting over OCD: a 10-step workbook for taking back your life*. Guilford Press.

Abramowitz, J. S., Schwartz, S. A., Moore, K. M., & Luenzmann, K. R. (2003). Obsessive-compulsive symptoms in pregnancy and the puerperium: A review of the literature. *Journal of anxiety disorders*, *17*(4), 461-478.

Accortt, E. E., Schetter, C. D., Peters, R. M., & Cassidy-Bushrow, A. E. (2015). Lower prenatal vitamin D status and postpartum depressive symptomatology in African American women: Preliminary evidence for moderation by inflammatory cytokines. *Archives of Women's Mental Health*, 1-11.

ACOG Committee on Obstetric Practice. (2015). Committee opinion number 630: Screening for perinatal depression. *Obstetrics & Gynecology, 125,* 1268-71.

Allen, J.G. (2005). *Coping with trauma. Hope through understanding* (2nd Ed.). Washington, DC: American Psychiatric Publishing, Inc.

American Psychiatric Association (2000). *Diagnostic and statistical manual of mental disorder* (4th ed., text rev.). Washington, DC: Author.

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC: Author.

American Society of Reproductive Medicine (ASRM) (2014).  *Information Guides for Patients*.

Applegarth, L. (2006). *Individual counseling and psychotherapy*. In (S.N. Covington & L.H. Burns (Eds.) *Infertility counseling: A comprehensive handbook for clinicians* (2nd Ed.) (pp. 129-141). Cambridge: Cambridge University Press.

Austin, M. P., & Priest, S. R. (2005). Clinical issues in perinatal mental health: new developments in the detection and treatment of perinatal mood and anxiety disorders. *Acta Psychiatrica Scandinavica*, *112*(2), 97-104.

Ayers, S., & Ford, E. (2016). Posttraumatic stress during pregnancy and the postpartum period. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 182-200). New York: Oxford University Press.

Babyak, M., Blumenthal, J. A., Herman, S., Khatri, P., Doraiswamy, M., Moore, K., ... & Krishnan, K. R. (2000). Exercise treatment for major depression: maintenance of therapeutic benefit at 10 months. *Psychosomatic medicine*, *62*(5), 633-638.

Barnes, D. L. (2015). *Women’s reproductive mental health across the lifespan*. Switzerland: Springer International Publishing.

Beck, C.T. (2016). Panic attacks during pregnancy and the postpartum period. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 150-166). New York: Oxford University Press.

Beck, J.S. (2005). *Cognitive therapy for challenging problems. What to do when the basics don’t work.* New York: Guilford Press.

Beck, C.T. (2004). Post-traumatic stress disorder due to childbirth: The aftermath. *Nursing research*, 53(4), 216-224.

Beck, J. S. (2011). *Cognitive behavior therapy: Basics and beyond*. New York: Guilford Press.

Bleiberg, K.L. & Markowitz, J.C. (2008). *Interpersonal psychotherapy for depression. In D. Barlow (Ed.) Clinical handbook of psychological disorders, fourth edition: A step-by-step treatment manual* (pp. 306-327). New York: Guilford Press.

Blackmore, E. R., Côté-Arsenault, D., Tang, W., Glover, V., Evans, J., Golding, J., & O’Connor, T. G. (2011). Previous prenatal loss as a predictor of perinatal depression and anxiety. *The British Journal of Psychiatry*, 198(5), 373-378.

Blum, L. D. (2007). Psychodynamics of postpartum depression. *Psychoanalytic Psychology, 24(1),*45-62.

Boivin J. (2006), Evidence-based approaches to infertility counseling (pp. 117-128). In (S.N. Covington & L.H. Burns (Eds.) *Infertility counseling: A comprehensive handbook for clinicians* (2nd Ed.). Cambridge: Cambridge University Press.

Borra, C., Iacovou, M., & Sevilla, A. (2014). New evidence on breastfeeding and postpartum depression: the importance of understanding women’s intentions. *Maternal and child health journal*, *19*(4), 897-907.

Boyce, P., Parker, G., Barnett, B., Cooney, M., & Smith, F. I. O. N. A. (1991). Personality as a vulnerability factor to depression. *The British Journal of Psychiatry*, *159*(1), 106-114.

Boyd, R. C., Le, H. N., & Somberg, R. (2005). Review of screening instruments for postpartum depression. *Archives of Women’s Mental Health*, *8*(3), 141-153.

Brand, S. R., & Brennan, P. A. (2009). Impact of antenatal and postpartum maternal mental illness: how are the children? *Clinical obstetrics and gynecology*, 52(3), 441-455.

Burns, L.H. & Covington, S. N. (2006). The psychology of infertility (pp. 1-19). In (S.N. Covington & L.H. Burns (Eds.) *Infertility counseling: A comprehensive handbook for clinicians* (2nd Ed.). Cambridge: Cambridge University Press.

Canadian Pediatric Society. (2004). Depression in pregnant women and mothers: How children are affected. Pediatric Child Health, 9. Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2724170/>

Carney, C., & Manber, R. (2009). *Quiet Your Mind and Get to Sleep*. New Harbinger Publications.

Cazas, O. & Glangeaud-Freudenthal, N. M.-C. (2004). The history of mother-baby units (MBUs) in France and Belgium and of the French version of the Marcé checklist. *Archives of Women’s Health, 7,* 53-58.

Chesson Jr, A. L., Anderson, W. M., Littner, M., Davila, D., Hartse, K., Johnson, S., ... & Rafecas, J. (1999). Practice parameters for the nonpharmacologic treatment of chronic insomnia. An American Academy of Sleep Medicine report. Standards of Practice Committee of the American Academy of Sleep Medicine. *Sleep*, *22*(8), 1128-1133.

Choi, K. W., & Sikkema, K. J. (2015). Childhood Maltreatment and Perinatal Mood and Anxiety Disorders A Systematic Review. *Trauma, Violence, & Abuse*, 1524838015584369.

Clark, D. A., & Beck, A. T. (2011). *Cognitive therapy of anxiety disorders: Science and practice*. Guilford Press.

Clark, C. T., Sit, D. K., Driscoll, K., Eng, H. F., Confer, A. L., Luther, J. F., ... & Wisner, K. L. (2015). Does screening with the MDQ and EPDS improve identification of bipolar disorder in an obstetrical sample? *Depression and anxiety*, *32*(7), 518-526.

Couto, T. C., Brancaglion, M. Y., Alvim-Soares, A., Moreira, L., Garcia, F. D., Nicolato, R., ... & Corrêa, H. (2015). Postpartum depression: A systematic review of the genetics involved. *World journal of psychiatry*, *5*(1), 103-111.

Covington & L.H. Burns (Eds.) (2006). *Infertility counseling: A comprehensive handbook for clinici*ans (2nd Ed.). Cambridge: Cambridge University Press.

Covington, S.N (Ed.). (2015). *Fertility counseling: Clinical guide and case studies.* Cambridge: University Press.

Covington, S.N. & Adamson, G.D. (2015). Collaborative reproductive healthcare model: A patient-centered approach to medical and psychosocial care. In (S.N. Covington, Ed.) *Fertility counseling: Clinical guide and case studies.* Cambridge: University Press.

Cox, J.L., Holdenk J.M., & Henshaw, C. (2014). *Perinatal Mental Health. The Edinburgh Depression Scale (EPDS) manual.*  London: RCPsych Publications.

Cox, J. L., Holden, J. M., & Sagovsky, R. (1987). Detection of postnatal depression. Development of the 10-item Edinburgh Postnatal Depression Scale. *The British journal of psychiatry*, 150(6), 782-786.

Cozololino, L. (2017). *The neuroscience of psychotherapy. Healing the social brain* (3rd. Ed.). New York: W.W. Norton & Company.

Cozolino, L. (2010). *The neuroscience of psychotherapy. Healing the social brain* (2nd. Ed.). New York: W.W. Norton & Company.

Crystal Edler Schiller, Samantha Meltzer-Brody and David R. Rubinow (2015). The role of reproductive hormones in postpartum depression. CNS Spectrums, 20, pp 48-59 doi:10.1017/S1092852914000480

Davis, K., Pearlstein, T., Stuart, S., O’Hara, M., & Zlotnick, C. (2013). Analysis of brief screening tools for the detection of postpartum depression: Comparisons of the PRAMS 6-item instrument, PHQ-9, and structured interviews. *Archives of women's mental health*, *16*(4), 271-277.

Dennis, C. L. (2010). Postpartum depression peer support: maternal perceptions from a randomized controlled trial. *International Journal of Nursing Studies*, *47*(5), 560-568.

Dennis, C. L., & McQueen, K. (2007). Does maternal postpartum depressive symptomatology influence infant feeding outcomes?. *Acta paediatrica*, *96*(4), 590-594.

Donker, T., Griffiths, K. M., Cuijpers, P., & Christensen, H. (2009). Psychoeducation for depression, anxiety and psychological distress: a meta-analysis. *BMC medicine*, *7*(1), 79.

Dørheim, S. K., Bondevik, G. T., Eberhard-Gran, M., & Bjorvatn, B. (2009). Sleep and Depression in Postpartum Women: A Population-Based Study. Sleep, 32(7), 847–855.

Ellsworth-Bowers, E. R., & Corwin, E. J. (2012). Nutrition and the psychoneuroimmunology of postpartum depression. Nutrition Research Reviews, 25(1), 180–192. <http://doi.org/10.1017/S0954422412000091>

Fairbrother, N., & Abramowitz, J.S. (2016). Obsessions and compulsions during pregnancy and the postpartum period. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 167-181). New York: Oxford University Press.

Fraley, R.C. & Shaver, P.R. (2016). Attachment disruptions, reparative processes, and psychopathology: Theoretical and clinical implications. In J. Cassidy & P.R. Shaver (Eds.). *Handbook of attachment (3rd Ed)* (pgs. 25-39). New York: The Guilford Press.

Foa, E. B., Keane, T. M., Friedman, M. J., & Cohen, J. A. (Eds.). (2008). *Effective treatments for PTSD: practice guidelines from the International Society for Traumatic Stress Studies*. Guilford Press.

Fonagy, P., Luyten, P., Allison, E., & Campbell, C. (2016). Reconciling psychoanalytic ideas with attachment theory. In J. Cassidy & P.R. Shaver (Eds.). *Handbook of attachment (3rd Ed)* (pgs. 780-804). New York: The Guilford Press.

Gavin, N. I., Gaynes, B. N., Lohr, K. N., Meltzer-Brody, S., Gartlehner, G., & Swinson, T. (2005). Perinatal depression: a systematic review of prevalence and incidence. *Obstetrics & Gynecology*, *106*(5, Part 1), 1071-1083.

Gelabert, E., Subirà, S., García-Esteve, L., Navarro, P., Plaza, A., Cuyàs, E., ... & Martín-Santos, R. (2012). Perfectionism dimensions in major postpartum depression. *Journal of affective disorders*, *136*(1), 17-25.

Gelfand, J. M. (2015). One Brain, Two Specialties, Converging Mechanisms: Neuronal Autoantibodies as a Rare Cause of Postpartum Psychosis. American Journal of Psychiatry, 172(9), 824-826.

Gjerdingen, D., Crow, S., McGovern, P., Miner, M., & Center, B. (2009). Postpartum depression screening at well-child visits: validity of a 2-question screen and the PHQ-9. *The Annals of Family Medicine*, *7*(1), 63-70.

Glover, V. (2016). Maternal stress during pregnancy and infant and child outcome. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 268-283). New York: Oxford University Press.

Gressier, F., Letranchant, A., & Hardy, P. (2015). Post-partum psychosis. La Revue du praticien, 65(2), 232-234.

Grigoriadis, S., et al. (2009). Traditional postpartum practices and rituals: clinical implications. Canadian Journal of Psychiatry. Revue Canadienne De Psychiatrie, 54(12), 834-840.

Grigoriadis, S., VonderPorten, E. H., Mamisashvili, L., Tomlinson, G., Dennis, C. L., Koren, G., ... & Ross, L. E. (2013). The impact of maternal depression during pregnancy on perinatal outcomes: a systematic review and meta-analysis. The Journal of clinical psychiatry, 74(4), e321-41.

Hart, K.J., & Flynn, H.A. (2016). Screening, assessment, and diagnosis of mood and anxiety disorders during pregnancy and the postpartum period. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 319-340). New York: Oxford University Press.

Holditch-Davis, D., & Miles, M.S. (2016) Understanding and treating psychosocial consequences of pregnancy complications and the birth of a high-risk infant. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 548-572). New York: Oxford University Press.

Horowitz, J.E., Galst, J.P., & Elster, N. (2010). *Ethical dilemmas in fertility counseling.* Washington, DC: American Psychological Association.

Houston, K. A., Kaimal, A. J., Nakagawa, S., Gregorich, S. E., Yee, L. M., & Kuppermann, M. (2015). Mode of delivery and postpartum depression: the role of patient preferences. *American journal of obstetrics and gynecology*, *212*(2), 229-e1.

Is it postpartum depression or postpartum anxiety? What is the difference? (2015). MGH Center for Women’s Mental Health. Retrieved from

<https://womensmentalhealth.org/posts/is-it-postpartum-depression-or-postpartum-anxiety-whats-the-difference/>

Jaffe, J., & Diamond, M.O. (2011). *Reproductive trauma: Psychotherapy with infertility and pregnancy loss clients.* Washington, DC: American Psychological Association.

Kabat-Zinn, J. (2011). *Mindfulness for beginners: Reclaiming the present moment--and your life*. Sounds True.

Kabat-Zinn, J. (2005). *Coming to our senses. Healing ourselves and the world through mindfulness.*  New York: Hyperion.

Kabat-Zinn, J. (2003). *Mindfulness-based stress reduction (MBSR)*. Constructivism in the Human Sciences.

Kendrick, K. (2007). Treatment of perinatal mood and anxiety disorders: a review. Canadian Journal of Psychiatry, 52(8), 489.

Kim, P. & Swain, J.E. (2007). Sad dads: Paternal postpartum depression. Psychiatry (Edgmont), 4(2), 35-47.

Kleiman, K. (2017). *The art of holding in therapy. An essential intervention for postpartum depression and anxiety.* New York: Routledge.

Kleiman, K. (2005). *What am I thinking? Having a baby after postpartum depression.* Xlibris Corporation.

Kleiman, K. (2011). *Dropping the baby and other scary thoughts. Breaking the cycle of unwanted thoughts in motherhood.* New York: Routledge.

Kleiman, K.R. & Raskin, V.D. (2013a). *I haven’t been myself since the baby was born: Recognizing postpartum depression*. Boston: Da Capo Press.

Kleiman, K.R. & Raskin, V.D. (2013b). *This isn’t what I expected* (2nd Ed.). Boston: Da Capo Press.

Kleiman, K., & Wenzel, A. (2011). *Dropping the baby and other scary thoughts: Breaking the cycle of unwanted thoughts in motherhood*. New York: Routledge.

Kleiman, K., & Wenzel, A. (2014). *Tokens of affection. Reclaiming your marriage after postpartum depression.* New York: Routledge.

Klock, S.C. (2015). Reproductive psychology and fertility counseling (pp. 33-44). In (S.N. Covington (Ed.) *Fertility Counseling: Clinical guide and case studies.* Cambridge: University Press.

Leckman, J.F., Mayes, L.C., & Cohen, D.J. (2002). Primary maternal preoccupation revisited: circuits, genes, and the crucial roe of early life experience. *South African Psychiatry Review*, pp. 4-12.

Leonard, L. G. (1998). Depression and anxiety disorders during multiple pregnancy and parenthood. Journal of Obstetric, Gynecologic, & Neonatal Nursing, 27(3), 329-337.

Linehan, M. M. (2014). *DBT® skills training manual*. Guilford Publications.

Logsdon, M.C., Hipwell, A.E., & Monk, C. (2016). Perinatal experiences of adolescent mothers. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 575-601). New York: Oxford University Press.

Martini, J., Petzoldt, J., Einsle, F., Beesdo-Baum, K., Höfler, M., & Wittchen, H. U. (2015). Risk factors and course patterns of anxiety and depressive disorders during pregnancy and after delivery: A prospective-longitudinal study. *Journal of affective disorders*, *175*, 385-395.

Matthey, S. (2016). Anxiety and stress during pregnancy and the postpartum period. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 132-149). New York: Oxford University Press.

Matsakis, A. (2013). Trauma and Its Impact on Families (pp. 15-32). In D.R. Catherall (Ed.) *Handbook of stress, trauma, and the family.* New York: Routledge, Taylor Francis Group.

McKay, M., Wood, J. C., & Brantley, J. (2007). The dialectical behavior therapy skills workbook. *Oakland: New Harbinger*.

McClure, J. H., Cooper, G. M., & Clutton-Brock, T. H. (2011). Saving Mothers’ Lives: reviewing maternal deaths to make motherhood safer: 2006-8: a review. *British journal of anaesthesia*, *107*(2), 127-132.

Meins, E. (2016). Attachment: Theory and classification. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 87-107). New York: Oxford University Press.

Meltzer-Brody, S. (2011). New insights into perinatal depression: pathogenesis and treatment during pregnancy and postpartum. Dialogues in Clinical Neuroscience, 13(1), 89–100.

Mikulincer, M. & Shaver, P.R. (2016). Adult attachment and emotion regulation. In J. Cassidy & P.R. Shaver (Eds.). *Handbook of attachment (3rd Ed)* (pgs. 507-533). New York: The Guilford Press.

Milgrom, J., & Gemmill, A. W. (2014). Screening for perinatal depression. *Best Practice & Research Clinical Obstetrics & Gynaecology*, *28*(1), 13-23.

Miller, L.J. (2016). Psychological, behavioral, and cognitive changes during pregnancy and the postpartum period. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 7-25). New York: Oxford University Press.

Misri, S., Abizadeh, J., & Nirwan, S. (2016). Depression during pregnancy and the postpartum period. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 111-131). New York: Oxford University Press.

Monk, C., & Hane, A.A. (2016). Fetal and infant neurobehavioral development: Basic processes and environmental influences. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 53-86). New York: Oxford University Press.

Myers, E. R., Aubuchon-Endsley, N., Bastian, L. A., Gierisch, J. M., Kemper, A. R., Swamy, G. K., & Sanders, G. D. (2013). Efficacy and safety of screening for postpartum depression: comparative effectiveness review 106. *Rockville, MD: Agency for Healthcare Research and Quality*.

New York State Department of Health and Office of Mental Health. (2005). Understanding Maternal Depression, A Fact Sheet for Care Providers. New York: Department of Health. Retrieved from

<https://www.health.ny.gov/community/pregnancy/health_care/perinatal/maternal_factsheet.htm>

Nonacs, R., Cohen, L.S., & Freeman M. (2014). Response to the New York Times Article on SSRIs and Pregnancy: Moving Toward a More Balanced View of Risk. *MGH Center for Women’s Mental Health.* Retrieved from

<https://womensmentalhealth.org/posts/response-new-york-times-article-ssris-pregnancy-moving-toward-balanced-view-risk/>

O'Conner, T. G., Heron, J., Golding, J., Beveridge, M., & Glover, V. (2002). Maternal antenatal anxiety and children's behavioural/emotional problems at 4 years Report from the Avon Longitudinal Study of Parents and Children. *The British Journal of Psychiatry*, *180*(6), 502-508.

Okun, M. L., Luther, J., Prather, A. A., Perel, J. M., Wisniewski, S., & Wisner, K. L. (2011). Changes in sleep quality, but not hormones predict time to postpartum depression recurrence. *Journal of affective disorders*, *130*(3), 378-384.

Onoye, J.M., Goebert, D.A., & Morland, L.A. (2016). Cross-cultural differences in adjustment to pregnancy and the postpartum period. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 632-662). New York: Oxford University Press.

Otto, M. W., & Deveney, C. (2004). Cognitive-behavioral therapy and the treatment of panic disorder: efficacy and strategies. *The Journal of clinical psychiatry*, *66*, 28-32.

Perkins Gilman, C. (1892). The yellow wall-paper. *The New England Magazine*, volume unknown, 647-656.

Pfeiffer, P. N., Heisler, M., Piette, J. D., Rogers, M. A., & Valenstein, M. (2011). Efficacy of peer support interventions for depression: a meta-analysis. *General hospital psychiatry*, *33*(1), 29-36.

Pilkington, P. D., Milne, L. C., Cairns, K. E., Lewis, J., & Whelan, T. A. (2015). Modifiable partner factors associated with perinatal depression and anxiety: A systematic review and meta-analysis. Journal of affective disorders, 178, 165-180.

Poehlmann, J., & Shlafer, R.J. (2016). Perinatal experiences of low-income and incarcerated women. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 341-365). New York: Oxford University Press.

Porges, S.W. (2017). *The pocket guide to polyvagal theory. The transformative power of feeling safe.* New York: W.W. Norton & Company.

Porges, S.W. (2011). *The polyvagal theory. Neurophysiological foundations of emotions, attachment, communication, and self-regulation.* New York: W.W. Norton & Company.

Post Partum Support International. (2015). Post Partum Support International. Retrieved from

<http://www.postpartum.net/about-psi/overview/>

Rahman, A., Fisher, J., Bower, P., Luchters, S., Tran, T., Yasamy, M. T., ... & Waheed, W. (2013). Interventions for common perinatal mental disorders in women in low-and middle-income countries: a systematic review and meta-analysis. Bulletin of the World Health Organization, 91(8), 593-601I.

Robertson, E., Grace, S., Wallington, T., & Stewart, D. E. (2004). Antenatal risk factors for postpartum depression: a synthesis of recent literature. *General hospital psychiatry*, *26*(4), 289-295.

Rosen, A. & Rosen, J. (Eds.) (2005). *Frozen dreams: Psychodynamic dimensions of infertility and assisted reproduction*. New York, NY: The Analytic Press, Inc.

Ross, L.E., & Goldberg, A.E. (2016). Perinatal experiences of lesbian, gay, bisexual, and transgender people. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 618-631). New York: Oxford University Press.

Sadat, Z., Taebi, M., Saberi, F., & Kalarhoudi, M. A. (2013). The relationship between mode of delivery and postpartum physical and mental health related quality of life. *Iranian journal of nursing and midwifery research*, *18*(6), 499.

Schaffir, J. (2016). Biological changes during pregnancy and the postpartum period. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 26-37). New York: Oxford University Press.

Schore, A.N. (2012). *The science of the art of psychotherapy.* New York: W.W. Norton & Company.

Screening for perinatal depression. Committee Opinion No. 630. American College of Obstetricians and Gynecologists. Obstet Gynecol 2015;125:1268–71.

Shapiro, S.L, & Carlson, L.E. (2009). *The art and science of mindfulness. Integrating mindfulness into psychology and the helping professions.* Washington, DC: American Psychological Association.

Schetter, C. D., & Tanner, L. (2012). Anxiety, depression and stress in pregnancy: implications for mothers, children, research, and practice. Current opinion in psychiatry, 25(2), 141.

Shields, B. (2005). *Down came the rain: My journey through postpartum depression*. New York: Hachette Books.

Simkin, P., & Klaus, P. (2004). When survivors give birth: Understanding and healing the effects of early sexual abuse on childbearing women. Seattle: Classic Day Publishing.

Simpson, W., Glazer, M., Michalski, N., Steiner, M., & Frey, B. N. (2014). Comparative efficacy of the generalized anxiety disorder 7-item scale and the Edinburgh Postnatal Depression Scale as screening tools for generalized anxiety disorder in pregnancy and the postpartum period. *Canadian journal of psychiatry. Revue canadienne de psychiatrie*, *59*(8), 434.

Solomon, A. (2015, May 28). The secret sadness of pregnancy with depression. The New York Times Magazine. Retrieved from <http://www.nytimes.com/2015/05/31/magazine/thesecret-sadness-of-pregnancy-with-depression.html>

Somerville, S., Byrne, S. L., Dedman, K., Hagan, R., Coo, S., Oxnam, E., ... & Page, A. C. (2015). Detecting the severity of perinatal anxiety with the Perinatal Anxiety Screening Scale (PASS). *Journal of affective disorders*, *186*, 18-25.

Spinelli, M.G. (2017). *Interpersonal psychotherapy for perinatal depression.* Middletown, DE: CreateSpace Independent Publishing Platform.

Spinelli, M. et al. (2013). A controlled clinical treatment trial of interpersonal psychotherapy for depressed pregnant women at 3 New York City sites. *Journal of Clinical Psychiatry, 74(4),* 393-399.

Spinelli, M. (2004). Maternal infanticide associated with mental illness: Prevention and the promise of saved lives. *American Journal of Psychiatry*, 161(9), 1548-57.

Spinelli, M.G. (1997). Interpersonal psychotherapy for depressed antepartum women: A pilot study. *American Journal of Psychiatry, 154(7),* 1028-30.

Spinelli, M.G. & Endicott, J. (2003). Controlled clinical trial of interpersonal psychotherapy versus parenting education program for depressed pregnant women. *American Journal of Psychiatry, 160(3),* 555-62.

Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. Archives of internal medicine, 166(10), 1092-1097.

Stahl, B., & Goldstein, E. (2010). *A mindfulness-based stress reduction workbook*. New Harbinger Publications.

Stern, D.A. (1990). *Diary of a baby. What your baby sees, feels, and experiences.* New York: Basic Books.

Stern, D.A. (1995). *The motherhood constellation. A unified view of parent-infant psychotherapy.* New York: Basic Books.

Stern, D.A., Stern, N.B., & Freeland, A. (1998). *The birth of a mother. How the motherhood experience changes you forever.* New York: Basic Books.

Schore, A.N. (2012). *The science and art of psychotherapy.* New York: W.W. Norton & Company, Inc.

Stern, D.A. (2005). *The motherhood constellation. A unified view of parent-infant psychotherapy.* New York: Basic Books.

Stern, D.A. (2004). *The present moment in psychotherapy and everyday life.* New York: W.W. Norton & Company.

Storch, E. A., Rasmussen, S. A., Price, L. H., Larson, M. J., Murphy, T. K., & Goodman, W. K. (2010). Development and psychometric evaluation of the Yale–Brown Obsessive-Compulsive Scale—Second Edition. *Psychological Assessment*, *22*(2), 223.

Ströhle, A. (2009). Physical activity, exercise, depression and anxiety disorders. *Journal of neural transmission*, *116*(6), 777-784.

Suicide and Self Inflicted Injury. (2014). Retrieved from <http://www.cdc.gov/nchs/fastats/suicide.htm>

Sword, W., Kurtz Landy, C., Thabane, L., Watt, S., Krueger, P., Farine, D., & Foster, G. (2011). Is mode of delivery associated with postpartum depression at 6 weeks: a prospective cohort study. *BJOG: An International Journal of Obstetrics & Gynaecology*, *118*(8), 966-977.

Ten Leading Causes of Death by Age Group. (2013). Retrieved from <http://www.cdc.gov/injury/wisqars/pdf/leading_causes_of_death_by_age_group_2013-a.pdf>

Twomey, T. (2009). *Understanding postpartum psychosis: A temporary madness*. Connecticut: Praeger Publishers.

UNC School of Medicine. (n.d). Perinatal Mood and Anxiety Disorders. Retrieved from

<https://www.med.unc.edu/psych/wmd/mood-disorders/perinatal>

U.S Department of Veterans Affairs. (2013). Understanding PTSD. *National Center for PTSD.* Retrieved from<http://www.ptsd.va.gov/public/understanding_ptsd/booklet.pdf>

Verkerk, G. J., Denollet, J., Van Heck, G. L., Van Son, M. J., & Pop, V. J. (2005). Personality factors as determinants of depression in postpartum women: a prospective 1-year follow-up study. *Psychosomatic Medicine*, *67*(4), 632-637.

Wenzel, A. (Ed.) (2016). *The Oxford handbook of perinatal psychology*. New York, NY: Oxford University Press.

Wenzel, A., & Kleiman, K. (2014). *Cognitive Behavioral Therapy for Perinatal Distress*. Routledge.

Wenzel, A., Stuart, S. & Koleva, H. (2016). Psychotherapy for psychopathology during pregnancy and the postpartum period. In A. Wenzel (Ed.) *The Oxford handbook of perinatal psychology* (pp. 341-365). New York: Oxford University Press.

Wesseloo, R., Burgerhout, K. M., Koorengevel, K. M., & Bergink, V. (2014). Postpartum psychosis in clinical practice: diagnostic considerations, treatment and prevention. Tijdschrift voor psychiatrie, 57(1), 25-33.

Weigartz, P.S., & Gyoerkoe, K.L. (2009). *The pregnancy & postpartum anxiety workbook.* Oakland, CA: New Harbinger Publications, Inc.

Winnicott, D.W. (1993/1955). *Talking to parents.* Cambridge, MA: Perseus Publishing.

Winson, N. (2009). Transition to motherhood. In Squire, C. (Ed.), *The social context of birth* (145-160). Oxford: Radcliffe.

Wisner, K. L., Sit, D. K., McShea, M. C., Rizzo, D. M., Zoretich, R. A., Hughes, C. L., ... & Hanusa, B. H. (2013). Onset timing, thoughts of self-harm, and diagnoses in postpartum women with screen-positive depression findings. *JAMA psychiatry*, *70*(5), 490-498.

Zhong, Q., Gelaye, B., Rondon, M., Sánchez, S. E., García, P. J., Sánchez, E., ... & Williams, M. A. (2014). Comparative performance of patient health questionnaire-9 and Edinburgh Postnatal Depression Scale for screening antepartum depression. *Journal of affective disorders*, *162*, 1-7.