Cognitive Model of Postnatal Depression

Vulnerability Factors

Precipitating Factors, including Biological Factors

Post Natal Depression

Depression & other emotions
Anxiety, Anger, Sadness

Exacerbating & maintaining factors

Cultural Factors

Mediationl Cognitive Factors
Negative Automatic Thoughts
Poor parenting self-efficacy

(mediationl = appraisal process)

Behaviour / Coping Strategies
Lethargy
Indecision
Social Withdrawal
Marital Conflict
Difficulty dealing with infant