

a balanced life which significantly improves maternal mental health and family dynamics.

She had demonstrated decreased signs of depression with marked improvement infant bonding which improved the overall mental health and the care towards her baby. By concluding CBT had a very marked significant impact in the management of Postpartum depression during the early phase of motherhood. I believe this work would be helpful in delivering knowledge and the application of CBT as an efficient technique to alleviate mental health problems in future studies.

Sincerely  
Nethraa R

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## Depression during postmenopausal age: An overlooked challenge

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Dear Editor,

I would like to bring to the attention of the readers of *Psychiatry Danubina* the often-overlooked challenge of depression during postmenopausal age. Post menopause is a critical period in a woman's life, characterized by a significant reduction in hormone levels, particularly estrogen, which can have profound effects on both physical and mental health. Depression during

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this time is a common yet underdiagnosed condition that can severely impact a woman's quality of life.

The hormonal fluctuations during post menopause are closely linked to psychoemotional disturbances, including depression. Research has indicated that postmenopausal women are at a heightened risk for developing depressive symptoms due to these biological changes (Petrova et al., 2021). Additionally, the presence of neurovegetative disorders during post

menopause further exacerbates the risk of depression, making it imperative for healthcare providers to be vigilant in monitoring and addressing these issues.

It is crucial to note that depression in postmenopausal women is not just a result of hormonal changes but is also influenced by a variety of factors, including lifestyle, social support, and previous mental health history. The study by (Šuljić et al., 2018) emphasizes the importance of social capital and life satisfaction as predictors of mental health in women, highlighting the need for a comprehensive approach in managing postmenopausal depression.

In this context, therapeutic interventions should not only focus on pharmacological treatments but also on holistic approaches that include psychological support, lifestyle modifications, and positive psychological education. (Wang's, 2022) research on the effects of positive psychological education, though focused on pregnancy, suggests that such interventions could be beneficial for postmenopausal women as well.

Moreover, alternative treatments such as modified Suanzaoren decoction, as explored by (Feng and Yang 2021), offer promising results for managing climacteric insomnia and associated psychological disorders, which are common in postmenopausal women and often co-occur with depression.

The influence of psycho-social factors on mental health during postmenopausal age should not be underestimated, as noted by (Pješčić et al., 2014), who examined the emergence of depression and suicidal risk in patients with schizophrenia. Although this study focuses on a different population, it underscores the importance of addressing psycho-social factors in vulnerable groups, including postmenopausal women.

Additionally, the association between anxiety disorders and the elder reproductive age, as discussed by (Gardanova et al., 2019), further supports the need for timely psychological interventions during the menopausal transition and beyond.

Given the complexity and multi-faceted nature of postmenopausal depression, a multidisciplinary approach is essential. I urge healthcare providers to adopt a proactive stance in

recognizing and treating depression during this vulnerable period. Further research is also needed to explore effective therapeutic strategies tailored to the unique needs of postmenopausal women.

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