

Postpartum depression: why Australian men run for Thai women

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HAMISH MAGOFFIN

| Hemish Magoffin

“She said this was her happiest time. There's only the two of us I don't want anything or anyone else.” At first glance, those who heard it would be happy, but Hemish Magoffin was worried that his wife didn't include Arthur, r three month old son to be in this happy time

Hemish knew that words like these would normally never escape from Pranya Ulpakorn's mouth, but because of the postpartum depression that had taken over her at the time. make his wife change into a different person

When they met while attending an MBA (Master in Business Administration) program at Oxford University in 2010, Pranyaya was described by her teachers as the most polite and courteous of her generation.

- Postpartum Depression: A mental health problem that some new mothers don't dare seek help from a doctor.
- Health: Why "depression" is one of the most talked about mental health issues in Thailand in 2019.

After graduating and in a six-year long-distance relationship with Hemish, an Australian but working in London. Both of them got married and settled down in Thailand. Renovating condominiums in the heart of Bangkok existing to live there Same place as Pranaiya decide to end life



chain

After two years of marriage, Pranya and Hemish were determined to have a child, the first time she became pregnant. followed by a ruptured ovarian cyst Although the beginning of the creation of a complete family was not so smooth. But both of them did not give up their efforts.

Pranaiya had a successful pregnancy. She had severe morning sickness in the first three months. But after that, everything went as it should.

"There was a time when she couldn't even stand the smell of me. But everything was fine until the moment of birth. We look forward to Arthur, the son born by caesarean section. without any abnormality

There was a small celebration welcoming Arthur at the condominium. Hemish's friend who grew up in the UK I had an acquaintance with postpartum depression. Advise him to keep an eye on the symptoms in case Pranya is affected by the disease. and only two months after Hemish saw that anxiety began to build. At that time, Pranya was still trying to breastfeed. As he emphasizes, there is no need to put pressure on yourself by trying to pump if there is not enough milk. and saw that his wife had to rest as much as possible

"Pranaya wants all the best with Arthur. When she was pregnant, she tried to eat a clean diet. nutritious food and helps to produce milk," Hemish recalls, adding that during that time his wife began to alternate formulas with their children.

matter of lactation Combined with other matters as a whole, Pranya became even more worried. At the same time, the outbreak of COVID-19 And the lockdown in 2021 will worsen the situation.

Pranyaya has been concerned since the nanny is considered a risk group for COVID-19. causing Pranyaya's mother, who is an elderly person Unable to come to the condominium for about a week, Pranyaya had to be alone. After that, her condition worsened.

She was also worried about how well she would perform her role as a mother. Will it be possible to prepare the food the baby needs? because she had never had children before.



HAMISH MAGOFFIN

| Pranyaya took good care of herself during pregnancy. Because I want to give the best to Arthur.

It was then that Pranya began to behave that Hemich felt abnormal. That includes wanting to return to life as when Arthur was not yet born. The two openly talked about if she was feeling postpartum depression. should consult a doctor together But at that time Pranyaya still saw that there was no need.

When Arthur was four months old, she stopped breastfeeding her child, stopped pumping, and moved back to Hemish's dorm. in the hope that he would feel better Everything should return to normal once the hormones in the body begin to adjust. But the truth is the opposite. Anxiety that used to be began to become a symptom of postpartum depression Pranyaya who is usually a sleepy person can't sleep That made her feel even worse. The two therefore went hand in hand to meet the first psychiatrist. At the time, Hemish sought information about postpartum depression from friends and people who had been in close contact with people who experienced the disease.

"For me at the time I thought she had postpartum depression. which is what can happen And this has to do with the hormonal levels in the body. Pranya, she wants to know if she will recover from this condition. We both went in to talk to a psychiatrist. I raise the statistics of patients with this disease occurring all over the world. But the psychiatrist didn't want me to say anything. Because that will include personal thoughts. And he didn't want an answer that included personal thoughts either. ask for a test And the psychiatrist said this was not postpartum depression. Then I sat and looked at my wife. I knew she wanted to make sure her symptoms were only temporary. But the answers received did not confirm that."

non-alternative choice

Pranya switched to consulting a second and third psychiatrist. At that time, she began taking antidepressants and sleeping pills as prescribed by the doctor. But even then, she woke up around 2am. It was like that every night for two to three months.

A third psychiatrist suggested that the alternative was for her to be admitted to a psychiatric institution. But that's the choice. It was "not an option" for Hemish and Nayya to stay away from the child.

Therefore, Pranyaya is still treating her sickness at the condominium with her mother and sister as friends. and help feed Arthur and finding other additional treatments, including the use of art therapy When Antidepressants Don't Work

At that time, Pranya did not hide from Hemich and the psychiatrist that she had the idea of ending her life.

And on the morning of September 1, 2021, while Hemish was taking a shower, Pranyaya decided to leave this world with her 6-month-old son.

"After waking up that morning I feel that the situation is quite delicate. But nothing indicates that she will end her life. We know it's going to be another tough day. It's no different from any other day."

Recalling the Hemish Incident Understanding how distressed the wife must be when the state of mind changes from a rational person. to be the person who must be in such condition It cannot be told to people outside the family because the level of acceptance and perception of postpartum depression in Thai society is different. And this is the reason why he founded the Pranaya and Arthur Magoffin Foundation (PAM Foundation) to raise awareness. Supporting care and research on postpartum depression and other childbirth-related symptoms in Thailand. This is the wish of Pranyaya who knows from her own experience that there are still gaps in knowledge about this subject that can be filled for Thai people to learn.

"I see myself and my family as having everything. But there are still many people who are facing this problem without support."

Research published in the journal Nature shows that postpartum depression affects more than one in six mothers, and symptoms vary widely. and can also experience other psychiatric symptoms



HAMISH MAGOFFIN

| Running relieved Hemish suffering.

Hemish will also raise funds for the Foundation with a run from the far north of Scotland. To the bottom of the British Isles, a distance of more than 1,400 km in 17 days, or the distance equal to running a marathon twice a day, he will start running on July 18.

"Running has helped me relax... but at the same time, setting up a foundation, raising funds, talking and thinking about what happened to my wife and kids is an emotional cost that I have to think about all the time. But I'm just hoping to get good things out of this situation."

Hemish said his memories of his wife were no different than ten years ago. He didn't forget her love, care and desire for the best for him and Arthur.

Knowing Postpartum Depression

Information from Rajanukul Institute website under the Ministry of Public Health It states that "Postnatal depression is a condition that occurs in approximately 10-20% of women after giving birth. Most of them have symptoms 4-6 weeks after giving birth. The most severe symptoms are during the first 3 months, with the risk of harming yourself. including suicide."

Dr. Chanapha Sukthup, psychiatrist at Rajanukul Institute said the patient "Postnatal depression" has symptoms that are not different from general depression, namely boredom, discouragement, feeling worthless. This may be caused by many factors: 1. Hormonal changes. Since the beginning of pregnancy 2. The mother's psychological basis, such as being a person who is easily worried about various matters, stress, attitudes, expectation of pregnancy 3. Environment and close people In low-income countries, there are approximately four times more postnatal depression than in high-income countries.

while the Rajanagarindra Institute of Child and Adolescent Mental Health website Publish research results of Rajanukul Institute which was conducted to develop and test the quality of programs to help mothers with postpartum depression during 2015-2017. A study of 1,198 women after giving birth at one month was found to be at risk of depression, 203 or 16.9%. get help provide knowledge and practices It was found that overall, postpartum depression symptoms tended to decrease.

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