

**Title: The Role of OT in Postpartum Care and Maternal Mental Health**

**Abstract**

According to the World Health Organization, 13% of women who have just given birth experience a mental health disorder, primarily depression. These mental health disorders can cause the affected mothers to function poorly within their occupations. These occupations can include bathing, self-feeding, eating, and caring for their child. The purpose of this research project is to explore the role of occupational therapy in postpartum care. Researchers anticipate that OT interventions could be utilized to support maternal mental health. The anticipated outcome will highlight themes related to the role of OT in postpartum care, emphasizing the importance of social support systems and awareness of postpartum depression. The methodology is to complete a systematic review of the existing literature to identify themes that address the role of occupational therapy in postpartum care. Through conducting this research, the research team can clarify the optimal utilization of occupational therapists within the realm of maternal healthcare.

**Works Cited**

World Health Organization. (2019). *Maternal mental health*. World Health Organization.

<https://www.who.int/teams/mental-health-and-substance-use/promotion-prevention/maternal-mental-health>