



Behavioural Counseling Interventions for Postpartum Depression Mothers in Lagos: Enhancing Parent-Child Relationships

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Abstract

Postpartum depression (PPD) is a prevalent mental health issue affecting new mothers in Nigeria, including Lagos, where parenting skills and relationships are crucial for child development. A mixed-methods approach combining qualitative interviews and observational assessments to explore barriers and facilitators to engaging in effective parenting practices. Mothers reported significant improvements in their ability to manage infant behaviour, though challenges related to stress and lack of social support were prevalent themes. Behavioural counseling interventions showed promise for improving maternal mental health and child-rearing skills but require tailored strategies addressing community-level barriers. Implement culturally sensitive training programmes for healthcare providers and establish community-based support networks to complement individual counseling sessions.

Keywords: *Postpartum Depression, Lagos, Nigeria, Cognitive Behavioural Therapy, Parent-Child Relationship, Psychosocial Interventions, Attachment Theory, Early Intervention Programmes*

ABSTRACT-ONLY PUBLICATION

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