

Centre for Rural and Northern Health Research (CRaNHR)

Health Care Research Seminar Series 2010-2011

May 18, 2011 (Wednesday)

12:00 pm to 1:00 pm

Room 109, Health Sciences Education & Resource Centre, Laurentian University
MSW 1011, Northern Ontario School of Medicine, Lakehead University
Available online through www.nosm.ca

Manifestation of Resilience in the Context of Postpartum Depression: Experiences of Women and Their Supporting Others in Northern Ontario

Arshi Shaik, (PhD Candidate)

*School of Rural and Northern Health,
Laurentian University*

Abstract: In the last decade, a growing body of research on resilience among women has emerged in the disciplines of social work, nursing, psychology and sociology. An extensive review of the literature has revealed that there is limited research on resilience among women who experience postpartum depression (PPD) in the underserved communities of Northern Ontario. Similarly there are studies on caregiver/family burden of individuals with mental illness. A few studies have explored caregiver or supporting others' resilience. The current study addresses this knowledge gap by exploring manifestation of resilience among 18 women who experienced postpartum depression (PPD) and 7 supporting others while residing in underserved communities of Northern Ontario. This presentation will discuss major themes (e.g., making meaning of one's suffering, nurturing oneself, seeking and providing support) delineating manifestation of resilience. The findings have implications for the development of strengths-based interventions for women experiencing PPD and their supporting others.

Arshi Shaikh is a PhD Candidate in the Interdisciplinary Rural and Northern Health Program and a Sessional Instructor at School of Social Work, Laurentian University, Canada. Her research interests include women's mental health issues (e.g., postpartum depression, premenstrual dysphoric disorder), psychosocial determinants of mental health, and mental health program evaluation. Arshi Shaikh's PhD dissertation is a qualitative study about resilience among women who experience postpartum depression and their supporting others in the northern communities of Ontario, Canada. This study is supported by the Joseph Armand Bombardier Canada Graduate Scholarship-Doctoral Award from Social Sciences and Humanities Research Council of Canada.

**This free seminar is open to all interested persons
Pay parking available in Lot D (Laurentian University)
Call Margaret G. Delmege at 675-1151 ext. 4369 for more information**