

**MAMA AID – AN APPLICATION TO IDENTIFY  
POSTPARTUM COMPLICATIONS AND ASSIST IN RE-  
ESTABLISHING MOTHER’S HEALTH**

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## Abstract

It's normal to feel low from time to time, but if there's constant feel hopeless and despairing, it might indicate a mental health disorder. Depression is the most common mental health issue worldwide and can affect individuals of all ages, including adults, adolescents, and children. Postpartum depression is a specific type of depression that is especially prevalent due to a lack of understanding, lengthy diagnosis processes, and feelings that partners may not notice or express indirectly. Almost around 10-15% of new mothers get affected by Postpartum depression. This maternal mental disorder can cause both physical and mental effects, with a high risk of diagnosis due to issues like fatigue, malnutrition, weight gain, and delayed milk supply.

This project aims to address the challenges faced by mothers during the postpartum stage by creating an IT solution to support their recovery and health. The project includes a literature review exploring causes, symptoms, treatments, and existing diagnosis theories, followed by interviews with medical professionals and questionnaires with postpartum mothers to develop an effective solution.

The study results underscored the need for a comprehensive solution to address postpartum complications and depression, offering tailored meal plans and exercise guidance. In response, the "MamaAid" mobile app was created as a holistic self-management tool for postpartum challenges. It features postpartum depression screening, personalized meal plans, exercise recommendations, and medical appointment scheduling. Stakeholder evaluations yielded positive results in helping postpartum mothers achieve their "healthy mom" goals.

**Key words:** Postpartum depression, Personalized meal plan recommendation, Postpartum complications, Depression Screening