

Peer Review

Review of: "Postpartum Depression: An Invisible Distress in the United Kingdom"

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Major Concerns

1. Limited Depth of Evidence Integration

While the commentary references several studies, much of the discussion remains descriptive and opinion-based. The manuscript would benefit from:

Inclusion of prevalence trend data specific to UK populations

Quantitative evaluation of screening programme effectiveness

Evidence demonstrating outcomes of NHS maternal mental health interventions

Providing stronger epidemiological grounding would increase academic credibility.

2. Insufficient Critical Evaluation of Screening Strategies

The manuscript strongly advocates universal screening but does not adequately discuss potential limitations such as:

Risk of false positive screening outcomes

Healthcare workforce capacity to manage increased detection rates

Resource implications for universal screening implementation

A balanced appraisal would improve policy realism.

3. Limited Exploration of Treatment Pathways

Although cognitive behavioural therapy and pharmacological therapy are mentioned, the manuscript lacks detailed discussion regarding:

Treatment accessibility across regions

Safety considerations of antidepressant therapy during breastfeeding

Integration of community-based psychological interventions

Expanding therapeutic pathways would enhance clinical applicability.

4. Overgeneralisation of NHS Service Limitations

The commentary presents NHS maternal mental health services as insufficient but does not fully acknowledge ongoing service expansions, regional perinatal mental health teams, or recent policy initiatives. Including a balanced evaluation would strengthen objectivity.

Minor Concerns

Some sections contain repetitive descriptions of PPD consequences without adding new insights.

The manuscript could improve structural flow by separating clinical impact, policy evaluation, and recommendations more clearly.

Greater emphasis on multidisciplinary care models (midwives, psychiatrists, community health workers) would strengthen practical relevance.

Scientific and Public Health Interpretation

The commentary effectively reinforces the importance of recognising PPD as a major public health concern requiring integrated healthcare and policy responses. The article successfully highlights:

The need for standardised screening strategies

The importance of stigma reduction

The requirement for family-centred maternal mental health programmes

However, the manuscript functions primarily as an advocacy-focused opinion piece rather than a comprehensive evidence-based policy analysis.

Declarations

Potential competing interests: No potential competing interests to declare.