

## RISK FACTORS FOR PERINATAL MOOD DISORDERS (PMDs)

### Predictive Risk Factors:

- Depression or anxiety during pregnancy
- Previous PMD
- Family history of PMD
- Personal or family history of depression, anxiety, bipolar disorder, eating disorders or OCD
- History of sensitivity to hormonal shifts: e.g., depression or anxiety at puberty, PMS, after pregnancy loss, mood sensitivity to birth control pills or fertility drugs
- Thyroid dysfunction
- Diabetes
- Social Stressors: poverty; interpersonal violence; low social support
- Unplanned or unwanted pregnancy
- Single parenthood
- Multiple Births
- Military Duty or Spouse

### Exacerbating Factors:

- Perfectionism: Superwoman Syndrome
- Crisis related to health of baby or mother: high-needs infant
- History of Fertility Treatments
- Recent loss or move
- Difficulty/Complications in pregnancy or birth
- Difficulty Breastfeeding
- History of trauma or abuse
- Age-related stress and hormonal influences: puberty, perimenopause
- Unresolved feelings about miscarriage, abortion, adoption, or infant loss

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