

TYPES OF PERINATAL MOOD DISORDERS

TYPE OF DISORDER	COMMON SYMPTOMS	ONSET	PREVALENCE
Pre-Natal Depression or Anxiety (also called Antenatal)	Sadness and unusual weepiness, lethargy, anxiety and panic, insomnia, fear of pregnancy or birth, low appetite, rumination, anger and extreme irritability, obsessive thoughts, regret.	Pregnancy	13% - 20%
Post Traumatic Stress or Acute Stress Reaction	Anxiety, panic, or intrusive thoughts or flashbacks <u>related to specific event</u> (e.g., birth or past trauma.) Recurrent images or nightmares, fears, ruminating, withdrawal and anger. Dissociation and depersonalization.	Birth - 3 months	1.5 % - 6%
Postpartum Psychosis	Early onset. Periods of delusional thought, disconnected, delirium. Delusions make sense to woman. Possible auditory or visual hallucinations, suspiciousness, withdrawal. Might deny birth or baby, or glorify. Might start as mania, with decreased desire for sleep, rapid speech, grandiose plans and ideas, cycles of extreme depressed and manic moods.	Most usual onset In first 2 weeks	.1% - .2%
Bipolar Disorders: Hypomania, Mania, Bipolar Depression and "Bipolar II"	Often first onset during postpartum period. Hypomanic, manic, or mixed moods. Euphoria or agitation, decreased need for sleep, racing thoughts, Increased productivity but scattered, pressured speech. Often look like acute depression, with high risk of mania if treated SSRI only. Can present as anxious, irritable, expansive with "Bipolar II."	Pregnancy, any time in the first year	+20%
Major Postpartum Depression	Feeling overwhelmed, despair, weepiness, flat or volatile emotions, detachment and depersonalization, often with anxiety and agitation. Anger and irritability. Difficulty eating, sleeping, and concentrating.	Any time Birth - first year	15% - 20%
Postpartum Anxiety or Panic Disorder	Rapid heartbeat, temp fluctuations, feeling of dread and apprehension, insomnia, dizziness. Fears of going crazy, of illness, losing sight or ability to breathe. Fear of being alone. Fluctuates in intensity and frequency.	Any time Birth - first year	10%
Postpartum Obsessive-Compulsive Disorder (Intrusive Thoughts)	<u>OCD is an anxiety disorder, not a thought disorder.</u> Repetitive and intrusive images, thoughts, fears <i>that are troubling or abhorrent to the woman</i> . Anxiety about specific places or activity, ritualized avoidance or compulsive behaviors. Repetitive fears about health and safety.	Any time Birth - first year	5-10%