

PERINATAL MOOD DISORDERS:

*Prevalence, Risk Factors, and
Protective Factors*



Mindful Momma

THERAPY SERVICES



What is a "PMAD?"

Perinatal Mood and Anxiety Disorders (PMADS) is a broad term used for a group of disorders that take place within the **first year** of a woman's postpartum period. These include depression, anxiety, obsessive-compulsive (OCD), and postpartum psychosis. Each disorder contains a group of symptoms that can affect women during pregnancy and the postpartum period, causing emotional, physical, and social problems that make it difficult to enjoy life, function well, and create / maintain healthy and meaningful relationships.

Prevalence

According to Postpartum Support International:

- Approximately 15% of women experience significant depression following childbirth.
- Approximately 6% of pregnant women and 10% of postpartum women develop anxiety, many in addition to symptoms of depression.
- As many as 3-5% of new mothers and some new fathers will experience postpartum obsessive-compulsive (OCD) symptoms.
- Approximately 9% of women experience postpartum post-traumatic stress disorder (PTSD) following childbirth.
- Postpartum psychosis occurs in approximately 1 to 2 out of every 1,000 deliveries, or approximately .1 -.2% of births.

Risk Factors

Understanding the risk factors for PMADs can help you prevent or lessen the severity of these disorders. Please discuss your personal risk factors with your medical provider to make a care plan.

- Personal or family history of depression, anxiety, OCD, or PPD
- Premenstrual Dysphoric Disorder (PMDD) or previous history of sensitivity to hormonal changes
- Inadequate support in caring for the baby
- Financial stress
- Marital Stress
- Interpersonal violence
- Complications in pregnancy, birth, or breastfeeding
- Previous pregnancy loss or traumatic birth experience
- A major recent life event: (loss, house move, job loss)
- Mothers of multiples
- Mothers whose infants are in neonatal intensive care (NICU)
- Mothers who have gone through infertility treatments
- Women with endocrine dysfunction /thyroid imbalance
- Women with any form of diabetes (Type I, II, or gestational diabetes)
- Climate stressors (seasonal depression)
- Perfectionism with high expectations

Protective Factors

Just like risk factors put you at an increased risk for PMADs, there are quite a few "protective factors" that women possess that can act as a barrier to PMADs or protect you from increased symptom severity.

- No personal history of mood disorders
- No family history of mood disorders
- Good social support
- Access to healthcare
- Steady relationships (spouse, family, friends)
- No history of trauma or loss
- Stable finances and living situation
- Education about issues PRIOR to experiencing*
- Any trusted system in place that you will feel comfortable communicating and/or advocating for yourself with

Why Education is Important!

It is important to note that all parents go through a period of normal postpartum adjustment. Becoming a new parent is stressful, and some difficulty adjusting to parenthood is considered normal. Normal postpartum adjustment may involve symptoms similar to the "baby blues," and it is likely that most new mothers experience some of these symptoms during the first few weeks after childbirth.

However, if these symptoms are interfering with mom's normal coping abilities, functioning or parenting, something more serious like a Perinatal Mood and Anxiety Disorder (PMAD) may be happening and should be addressed.

Questions?



A well-prepared momma is a happy momma.

1:1 Virtual services include education and training on:
Pregnancy and postpartum mental health and wellness

Preparing for the "fourth trimester"

Communication with partners, safeguarding your relationships

Infant / Toddler safety and development

Personalized pain management, ergonomics, and home setup tips

Personal training services for pre/postnatal clients

Link in Bio

<https://mindfulmommatherapy.com/>