Do you know the #1 complication of pregnancy and childbirth?

ANXIETY and DEPRESSION
Perinatal Mood and Anxiety Disorders

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Postpartum Support Virginia
Hope and help for new mothers
This is supposed to be the happiest time in my...
REALITY....
Perinatal mood and anxiety disorders are the **#1 complication** of pregnancy and childbirth.
Anxiety and/or depression affect up to 1 in 5 new or expectant mothers
Perinatal Mood and Anxiety Disorders

- Spectrum of Illnesses
- Signs and Symptoms
- Predictors and Risk Factors
- Untreated PMADs
- Treatment Options
- Postpartum Support Virginia
- How to help
Spectrum of Illnesses

Baby Blues

Perinatal Mood and Anxiety Disorders

Depression

Anxiety or Panic

Obsessive Compulsive Disorder Intrusive Thoughts

Postpartum Traumatic Stress Disorder

Postpartum Psychosis
# Spectrum of Illnesses

<table>
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<tr>
<th>Baby Blues</th>
<th>Perinatal Mood and Anxiety Disorders</th>
<th>Psychosis</th>
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<td><strong>Onset:</strong> first 72 hours, resolves in 2-3 weeks</td>
<td><strong>Onset:</strong> during pregnancy or first year postpartum</td>
<td><strong>Rapid onset</strong>&lt;br&gt;Link to bipolar</td>
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**Symptoms:**
- Mood swings
- Tearfulness
- Irritability

**Symptoms:**
- Mood swings
- Tearfulness
- Irritability
- Anxiety
- Overwhelmed

**Symptoms:**
- Agitation
- Confusion
- Delusions
- Inability to sleep
- Disorientation

**Treatment:**
- Sleep
- Social support

**Treatment:**
- Self-help
- Social support
- Talk therapy
- Medication

**Treatment:**
- Hospitalization
- Medication

**MEDICAL EMERGENCY**
Signs and Symptoms

**SYMPTOMS**
Overwhelmed
Guilty
Miserable
Sad
Anxious
Angry
Irritable
Increased sensitivity
Poor concentration
Tired but cannot sleep
Intrusive thoughts
Panic attacks

**WOMEN WITH PMADs SAY**
I’m supposed to be happy…
why am I so sad?
I love my baby but I hate my life.
My marriage cannot survive this.
Having a baby was a mistake.
If only I could get a good night’s sleep.
Why can’t I “snap out of it”?
I’m the worst mother in the world.
I can’t talk about these feelings.
Why am I such a failure?
I want to run away.
Predictors and Risk Factors

**BIOCHEMICAL FACTORS**

- Mental health history
  - Personal history of mood/anxiety disorder
  - Family history of mood/anxiety disorder

- Reproductive history
  - Miscarriage, fertility treatments
  - Severe premenstrual syndrome
  - Difficult pregnancy/labor/delivery
  - Hormone changes in pregnancy/postpartum

- General health
  - Thyroid changes
  - Anemia
  - Lack of sleep

**INTERNAL FACTORS**

- Personality and behavior
  - Perfectionist tendencies
  - Self-esteem issues
  - Difficulty with transitions

- Relationship and role issues
  - Partner
  - Own mother

- Unrealistic/rigid expectations
  - Pregnancy/labor/delivery
  - Motherhood
  - Breastfeeding
  - Work

**EXTERNAL FACTORS**

- Trauma
  - History of childhood trauma
  - Domestic violence
  - Traumatic labor/delivery

- Social changes
  - Life change (new home, new job, change in work status, marriage)
  - Loss or illness of loved one
  - Isolation or lack of social support, especially from partner

- Other issues
  - Baby (health issues, colic, reflux)
  - Financial stress
  - Low income / immigrant status
The Perfect Storm

- Hormonal changes
- Sleep deprivation
- Single biggest identity transition for women
- Unrealistic expectations
- Difficulties in pregnancy or birth
- Predisposition for depression or anxiety

*(prior depression is #1 predictor for PMAD)*
Why Do We Care???
Annual Diagnosis for Major Illnesses

- Diabetes: 800,000
- Stroke: 300,000
- Breast Cancer: 230,000
- PMADs: 1.3 million

Sources:
- National Diabetes Information Clearinghouse
- Centers for Disease Control
- National Cancer Institute
- Postpartum Progress
Risks of Untreated PMADs During Pregnancy

- Preclampsia
- Low Apgar scores\(^1-3\)
- Small head circumference\(^1-3\)
- Preterm labor, low birth weights\(^1-3\)
- Prolonged labor, forceps delivery, fetal distress\(^6\)
- Elevated cortisol or catecholamine levels in newborn\(^4\)
- Lower levels of dopamine and serotonin in newborn\(^5\)
- Newborns crying more often; more difficult to console\(^4\)

4. Lundy BL, Infant Behav Dev 1999
5. Field, T. Infant and Behavior Devt, 2004
Risks of Untreated PMADs During Pregnancy

- Postpartum Depression
- Negative Effect on Bonding
- Noncompliance With Prenatal Care
- Unknown Effects On Fetal Development
- Exposure To Additional Medications
- Suicide
- Poor Self-Care, Nutrition, Sleep
- Drug, Alcohol, Tobacco Use

Impact of Untreated PMADs on Child and Family

- Children of depressed mothers may experience:
  - Behavioral, cognitive and emotional problems\(^1,2,3\)
  - Suicidal behavior, conduct problems, and emotional instability requiring psychiatric care\(^5,6\)

- Impaired mother-infant interaction, attachment and later development\(^4\)

- Impaired relationships with other children or partner\(^4\)

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If Momma isn’t happy, then nobody is happy.
A healthy mother makes a happy family.
Treatment Options

Self-Care
Social Support
Talk Therapy
Medication
Hospitalization
Path to Wellness

**SELF-CARE**
1. Sleep
2. Eat
3. Exercise
4. Time off

*Mother the mother*

**SOCIAL SUPPORT**
- Validate
- Normalize
- Offer Hope

**TALK THERAPY**
Learn coping skills, manage emotions

**MEDICATION**
Safe during pregnancy and breastfeeding
*Always a risk-benefit analysis*
**MISSION**

Help new and expectant mothers and their families overcome perinatal mood and anxiety disorders

**VISION**

Every childbearing woman in Virginia will receive information about perinatal mood and anxiety disorders and have access to help

**ACTIVITIES**

**Support for mothers and families**
- One-on-one support via phone / email
- FREE peer-led support groups

**Resources and information**
- Books, websites, doulas
- Mental health professionals

**Outreach and education**
- Information cards, Fact Sheets, posters
- Volunteer training sessions
- Information and education sessions
Postpartum Support Virginia

100+ MHPs
25 volunteers
Moms on Call
15 support groups

You are not alone
You are not to blame
With help you will be well

I am SO grateful for your time, kindness, and assistance
Sharing my fears and concerns with others who understand has been a huge help.
It is an incredible feeling knowing I am not alone.
How Can I Help?

**TALK**

I’m sorry you are having a tough time
Lots of women go through this
You are going to get well

**SHARE**

Fact Sheets, Information Cards

**SCREEN**

Edinburgh Postnatal Depression Scale

**REFER**

PSVas website, MHPs, support groups
Edinburgh Postnatal Depression Scale

1. I have been able to laugh & see the funny side of things.
2. I have looked forward with enjoyment to things.
3. I have blamed myself unnecessarily when things went wrong.
4. I have been anxious or worried for no good reason.
5. I have felt scared or panicky for no very good reason.
6. Things have been getting on top of me.
7. I have been so unhappy that I have had difficulty sleeping.
8. I have felt sad or miserable
9. I have been so unhappy that I have been crying.
10. The thought of harming myself has occurred to me.
Women visit a health care provider 30 times during pregnancy and first year postpartum.
How Can PSVa Help?

- Educate maternal/child healthcare providers
- Provide information
- Provide in-service sessions, Grand Rounds
- Establish maternal mental health program
- Train social support volunteers
- Assist mental health professionals
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