


# Anxiety and Depression

These illnesses affect → **1 IN 5** women during pregnancy or the first year postpartum. 

 They are caused by changes in biology, psychology, hormones and environment.



## Predictors and Risk Factors include...



### Social/Environmental Factors

#### TRAUMA

- History of childhood trauma/Adverse Childhood Experiences (ACEs)
- Domestic violence
- Traumatic prenatal care/labor/delivery/postpartum care
- Systemic Racism

#### 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
- Substance Use Disorder

#### OTHER ISSUES

- Baby (health issues, colic, reflux)
- NICU stay
- Financial stress
- Low income
- Immigrant status
- Military status
- Barriers to Communication



### Biological Factors

#### MENTAL HEALTH HISTORY

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

#### REPRODUCTIVE HISTORY

- Loss (Miscarriage, Stillbirth, Termination, Infant Loss)
- Fertility treatments
- Severe premenstrual syndrome
- Difficult pregnancy/labor/delivery
- Hormone changes in pregnancy/postpartum

#### GENERAL HEALTH

- Thyroid changes
- Anemia
- Lack of sleep



### Psychological Factors

#### PERSONALITY AND BEHAVIOR

- Perfectionist tendencies
- Self-esteem issues
- Difficulty with transitions

#### UNREALISTIC / RIGID EXPECTATIONS

- Pregnancy/labor/delivery
- Motherhood
- Work

#### RELATIONSHIP AND ROLE ISSUES

- Partner
- Own mother

#### FEEDING BABY

- Breastfeeding expectations, desires, ability, pressure from others, Lack of Support
- Weaning