ANXIETY and DEPRESSION

These illnesses affect up to 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

**PHYSIOLOGICAL 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
- Work

Breastfeeding
- Expectations, desires, ability
- Weaning

**ENVIRONMENTAL 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

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