Perinatal Mood & Anxiety Disorder (PMAD)  
Mothers Emotional Health  
During and After Pregnancy

An Infopeople Hosted Webinar  
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Presented by: Anna Bauer

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Mothers Strong Mission:  
To promote and strengthen Butte County maternal depression systems of care, and ensure help is available to all women and their families.
Objectives

- At the end of the session, learners will be able to identify the prevalence of PMAD and list the disorders that comprise PMAD.
- Learners will be able to identify a screening tool for perinatal depression.
- Learners will be able to articulate the impact of PMAD on maternal and infant health.

Scope of Problem

- Perinatal Depression and Anxiety is the No. 1 complication of childbirth, and it has a significant impact on the fetus, mother, infant, child and family
- Nationally, 1 in 7 mothers will suffer from PMAD
- Prevalence increases to 40% in low income communities.
- Not limited to pregnancy and early postpartum (can occur up to 1 or more years after birth of child)

Butte County Estimates: 2016

- 690 new cases each year
Symptoms of Baby Blues

• Approximately 70-80% of new mothers experience some negative feelings or mood swings after the birth of their child
• Usually occurs within 4-5 days after the birth and diminishes after two weeks
• Symptoms include:
  o Weepiness or crying for no apparent reason
  o Anxiety
  o Insomnia

Types of PMAD

1. Depression
2. Anxiety
3. OCD (Obsessive-Compulsive Disorder)
4. PTSD (Post-Traumatic Stress Disorder)
5. Postpartum Psychosis

Depression During Pregnancy & Postpartum

• 15% of women experience significant depression following childbirth and the percentage is even higher for women living in poverty
• The rate is twice as high for teen mothers
• Perinatal depression is the most common complication of childbirth
**Risk Factors**

- Personal or family history of depression or anxiety
- Premenstrual dysphoric disorder (PMDD or PMS)
- Marital/relationship stress
- Financial stress
- Pregnancy, birth and/or breastfeeding complications
- Recent life event such as loss or move
- Multiple birth
- NICU moms
- Inadequate support

**Depression Symptoms**

- These symptoms can start anytime during pregnancy and up to one year postpartum
  - Feelings of anger and/or irritability
  - Difficulty engaging with baby
  - Appetite and/or sleep disturbance
  - Crying and sadness
  - Feelings of guilt, shame or hopelessness
  - Loss of interest, joy or pleasure in things they usually enjoy
  - Possible thoughts of self-harm
  - Suicidal thoughts

**Anxiety During Pregnancy & Postpartum**

- Approx. 6% of pregnant women and 10% of postpartum women develop anxiety
- This can be experienced alone, or with depression
### Anxiety Symptoms
- Constant worry
- Feeling that something bad is going to happen
- Racing thoughts
- Disturbances of sleep and/or appetite
- Fidgeting/restlessness
- Physical symptoms like dizziness, hot flashes, and nausea

### Risk Factors
- Family or personal history of anxiety
- Previous depression diagnosis
- Thyroid imbalance

### Specific Anxiety Disorders
- Postpartum Panic Disorder
- Postpartum Obsessive Compulsive Disorder
Postpartum Panic Disorder

- Woman feels very nervous
- Recurring panic attacks
- Panic attacks can be experienced in waves

Obsessive–Compulsive Disorder

- Most misunderstood and misdiagnosed
- Affects 3-5% of new mothers
- Obsessions or intrusive thoughts
  - Persistent, repetitive thoughts or mental images related to the baby
  - Leaves mom with a sense of horror
- Compulsions
  - Repetitive behaviors that reduce fear and obsessions

does having scary thoughts mean you'll act on them?
postpartumprogress.com
Postpartum PTSD

- 1-6% of women experience PTSD following childbirth
- May be associated with a trauma during childbirth:
  - The trauma is based upon how the mom perceives the birth event, not how anyone else perceives the event

Perceptions:

- A perception of lack of caring
- Poor communication
- Feelings of powerlessness
- Re-triggering of old trauma histories or fears
- Does a healthy baby justify a traumatic delivery?

Symptoms of PTSD

- Intrusive re-experiencing of a past traumatic event (which may be childbirth itself)
- Flashbacks or nightmares
- Avoidance of stimuli associated with the event including thoughts, feelings, people, places and details of the event
- Persistent increased arousal (irritability, difficulty sleeping, hypervigilance)
- Anxiety and panic attacks
- Feeling a sense of unreality and detachment
Postpartum Psychosis

- This is the most rare form of PMAD and occurs in one out of every 1,000 deliveries, or approximately 0.1% of births
- Onset is usually sudden, often within the first two weeks postpartum

Symptoms of Psychosis

- Delusions or strange beliefs
- Hallucinations (seeing, feeling or hearing things that aren’t there)
- Paranoia and suspiciousness
- Delusions of grandeur
- Can’t remember how to complete basic tasks
- Losing track of time
- Rapid mood swings/conflict
- Feeling controlled by an outside force

Risk Factors

- Most significant risk factor is personal or family history of Bipolar 1 disorder or a previous psychotic episode
- For a woman with psychosis
  - 5% rate for suicide
  - 4% rate for infanticide
Warning Signs

- Not showing up for commitments
- Looking unusually tired
- Requiring a support person to accompany her
- Significant weight loss or gain
- Evading questions about her own well-being
- Not willing to hold baby or not willing to let others care for the baby
- Expressing that the baby does not like her, or that she is not a good mother

Risks of Untreated PMAD

- Low birth weight
- Prematurity
- Small head circumference
- Low Apgar scores
- High fetal stress levels
- Negative effect on bonding
- Decreased breastfeeding
- Poor self-care, nutrition and sleep
- Infant growth and nutrition
- Suicide
Why this information is so important...

• PMAD symptoms generally do not resolve themselves without treatment
• PMAD can become chronic for the mother, and affect the entire family

Why this information is so important...

• Cognitive and emotional delays through early childhood
• Poor school readiness
• Developmental delays and affective disorders
• Higher rates of depression and psychiatric disorders in adults

Three Core Concepts in Early Development

NATIONAL SCIENTIFIC COUNCIL ON THE DEVELOPING CHILD
Center on the Developing Child • HARVARD UNIVERSITY
What does this mean for your community?

- Communities need to have a variety of resources and services in place to support families…

Critical Elements

- Medical providers and professionals need to be aware of the issue and engaged in treatment.
- Home visiting, counseling, case management and effective social services.
- Families have access to concrete supports such as food security, economic support, transportation, diapers, referral to services.
- Culturally sensitive services and interventions that include input from community members.

Screening

- The AAP and ACOG recommend screening for maternal depression
- Screening is the first step in helping new moms get back on their feet
Edinburgh Postnatal Depression Scale

1. Have you been able to laugh and see the funny side of things?
   - Yes, most of the time
   - Sometimes
   - Not really
   - Not at all

2. Have you lost interest in sex?
   - Yes, most of the time
   - Sometimes
   - Not really
   - Not at all

3. Have you been bothered by or noticed changes in your appetite?
   - Yes, most of the time
   - Sometimes
   - Not really
   - Not at all

4. Have you been getting up on time?
   - Yes, most of the time
   - Sometimes
   - Not really
   - Not at all

5. Have you been sleeping well?
   - Yes, most of the time
   - Sometimes
   - Not really
   - Not at all

6. Have you been feeling or acting poorly?
   - Yes, most of the time
   - Sometimes
   - Not really
   - Not at all

7. Have you been feeling or acting poorly?
   - Yes, most of the time
   - Sometimes
   - Not really
   - Not at all

8. Have you been feeling or acting poorly?
   - Yes, most of the time
   - Sometimes
   - Not really
   - Not at all

9. Have you been feeling or acting poorly?
   - Yes, most of the time
   - Sometimes
   - Not really
   - Not at all

10. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

11. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

12. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

13. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

14. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

15. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

16. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

17. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

18. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

19. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

20. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

21. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

22. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

23. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

24. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

25. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

26. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

27. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

28. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

29. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

30. Have you been feeling or acting poorly?
    - Yes, most of the time
    - Sometimes
    - Not really
    - Not at all

Public Education and Awareness

1 in 7 Women
Will Experience Depression and Anxiety During Pregnancy and After Birth of a Baby.

You Are Not Alone.

Resources:
- Depression Ontario
- Anxiety Canada
- Mental Health Ontario
- Suicide Prevention Ontario
- Family Support Services
- Self-care tips
- Tai Chi
- English and Spanish

Talk to:
- Your doctor
- Your midwife
- A friend
- A family member
- A support group
- Your local mental health service

Support groups include:
- Peer support
- Professional support
- Group therapy
- Individual therapy
- Online support
- Walk-in clinics
- 24/7 support

For more information visit: https://www.mentalhealthontario.ca
Trained Therapists

Events for Mothers

Mothers Strong — Help for Postpartum Depression and Anxiety

DONATE NOW

If you have thoughts of hurting yourself or your baby or if you feel disproportionate stress.

HOME  ABOUT  SEARCH  DIRECTORY  LET'S  SERVICE  NEWS  CONTACT US  BLOG

211 United Way

Dial 211 for Free, Confidential Referrals to Essential Services in Butte County

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Mothers Strong — Help for Postpartum Depression and Anxiety

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If you have thoughts of hurting yourself or your baby or if you feel disproportionate stress.
Increased screening and services for women

Public Awareness Campaigns

Supportive Networks

Medical Provider outreach training & support

Events for mothers

Resources that are easy to find

Trained therapists who call back
What could work in your community?

What helps?

- Normalize and Destigmatize:
  “This will pass.”
  “You are a good mother.”
  “You’ve got this.”
  “Fear is love.”
  “You are not alone.”
What’s probably not helpful

• “Oh, that happens to everyone.”
• “You’d feel better if you did X…”
• “When I had a baby I didn’t have time to be depressed.”
• “You’ve always wanted a baby, enjoy this happy time.”
• “You don’t need medication.”
• “Go to the gym, you’ll feel better.”

Do you know what to do with a mom in crisis?

• Know how to listen
• Know your county crisis hotline
• Know the suicide hotline and other helplines
• Know to call Postpartum Support International (PSI)
  (800) 944-4773

Resources

Books-
http://postpartumstress.com/books/
Beyond the Blues by Shoshana Bennet and Pec Indman

Websites-
www.Postpartum.net
www.Postpartumstress.com
www.postpartumprogress.com
www.helpcentral.org/mothersstrong
Questions?