

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

## 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