

Postpartum Depression and Anxiety

Perinatal Mood and Anxiety Disorder

Risk Factors

- Personal or family history of depression, PP depression, anxiety, bipolar or any other psychiatric illness
- Difficulty with breastfeeding
- Complications of pregnancy
- Traumatic labor and delivery
- History of other traumatic events in life
- Lack of social support
- Perfectionistic personality
- High expectations of motherhood
- Recent stressors: illness, divorce, move, job change, death of someone close, financial setback
- Fussy, colicky, ill or high-need baby
- History of reproductive losses: miscarriage, abortions, infertility
- Unplanned pregnancy
- Stressful relationship with significant other
- Mother of multiples
- Mother of infant in NICU
- Thyroid imbalance
- Body image issues
- Hormone sensitivity (PMS)
- Mourning the loss of FREEDOM