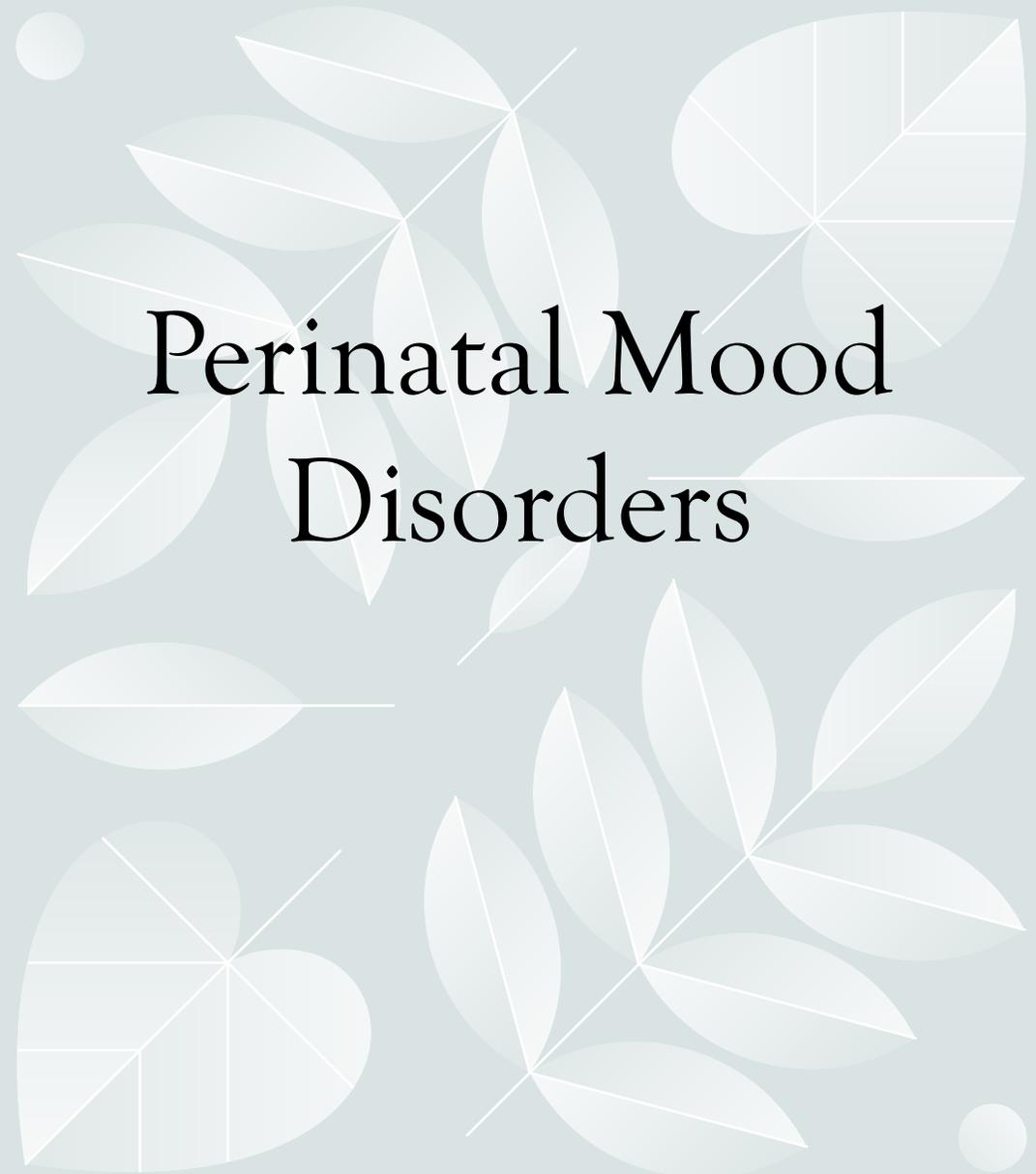




Perinatal Mood Disorders



Agenda

OBJECTIVES:

1. Learners will self-report an increase in knowledge about strategies and evidence-based practices designed to improve outcomes for perinatal mood disorder patient populations after attending the educational session.
2. Learners will self-report increased confidence utilizing strategies and evidence-based practices designed to improve outcomes for perinatal mood disorder patient populations after attending the educational session.

Perinatal mood disorders are
TEMPORARY and
TREATABLE with
professional help.



Postpartum Progress



Statistics

- 75% remain untreated
- Suicide and overdose are the **LEADING CAUSE OF DEATH** of women in 1st year following pregnancy

MOST COMMON complication of pregnancy/birth

40% develop symptoms following childbirth

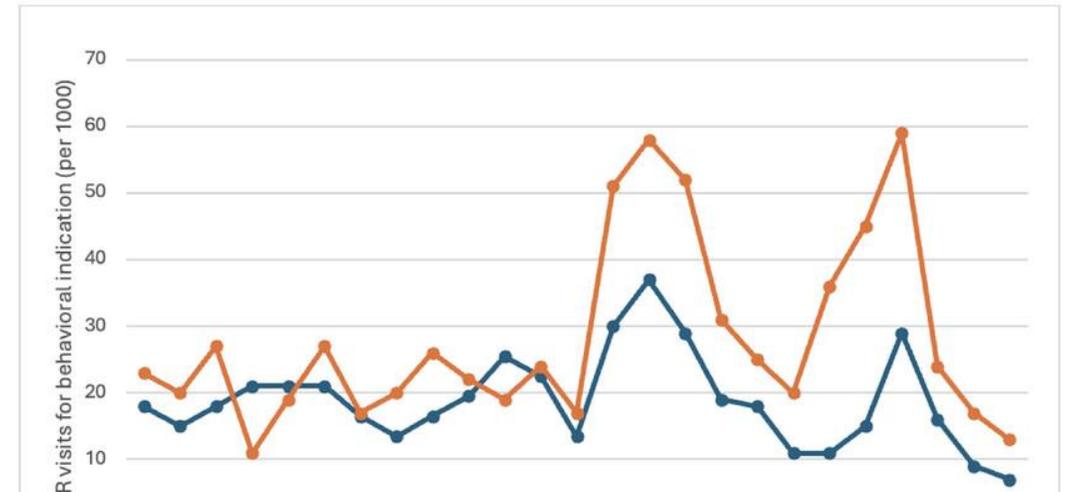
27% enter pregnancy with anxiety or depression

33% develop symptoms during pregnancy

Published in February 2026 issue of Pregnancy



Figure 1: Rates of mental health emergencies among patients who continued vs. discontinued antidepressants in pregnancy (Jan 1st, 2023-Dec 31st, 2024)





Significance

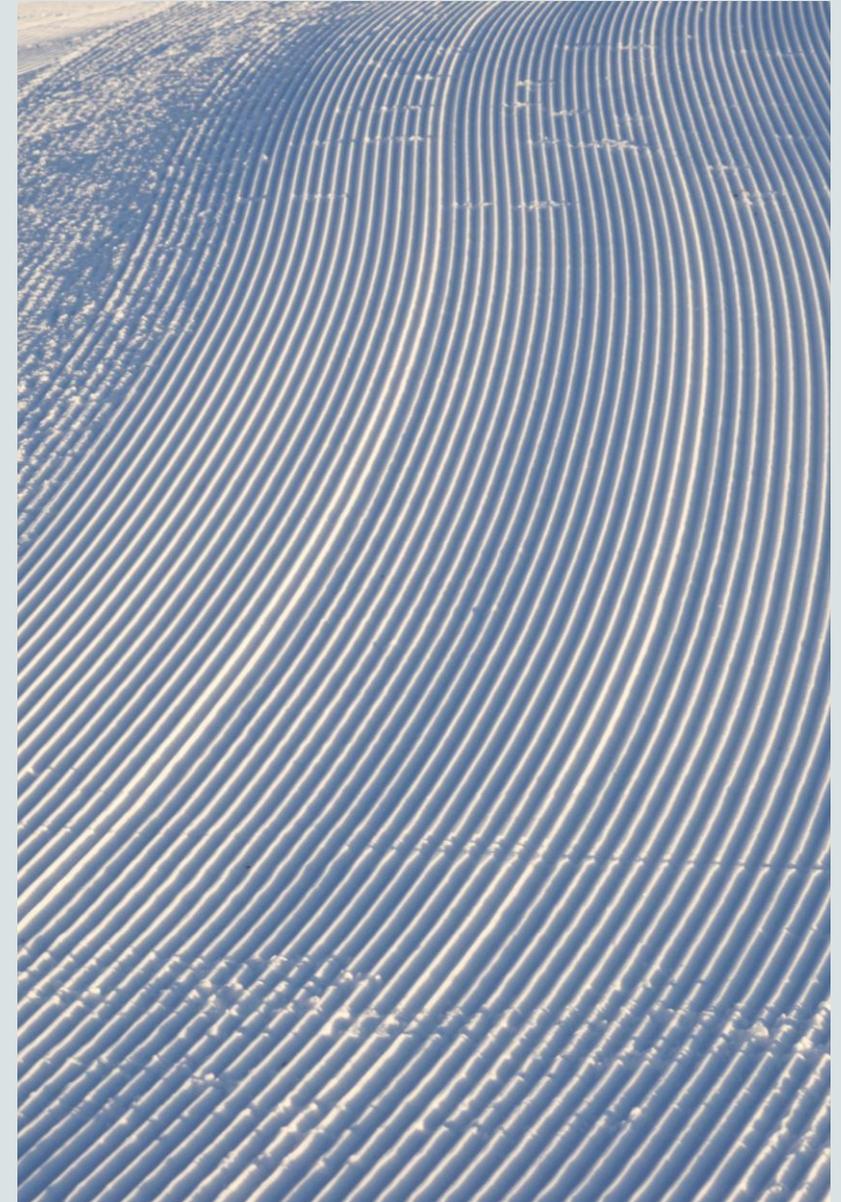
MOTHERS:

- Poor prenatal care
- Substance use
- Physical/emotional/sexual abuse
- Less responsive to baby's cues
- Fewer positive interactions with baby
- Breastfeeding challenges
- Low maternal self-efficacy

Significance

CHILDREN:

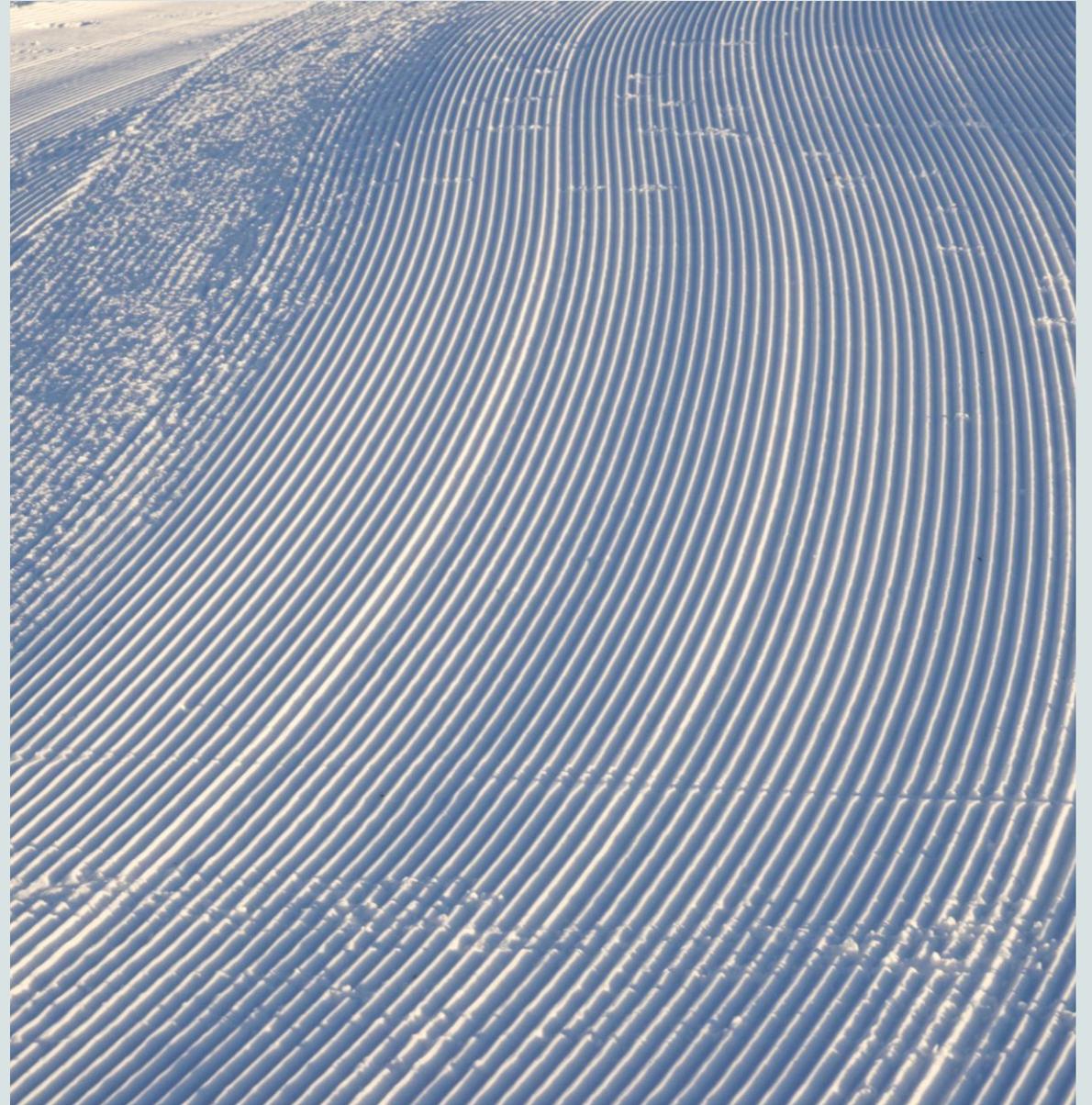
- Preterm birth, SGA, LBW
- Stillbirth
- Longer stay in NICU
- Excessive crying
- Impaired parent-child interactions
- Behavioral, cognitive, emotional delays
- Adverse childhood experiences



Significance

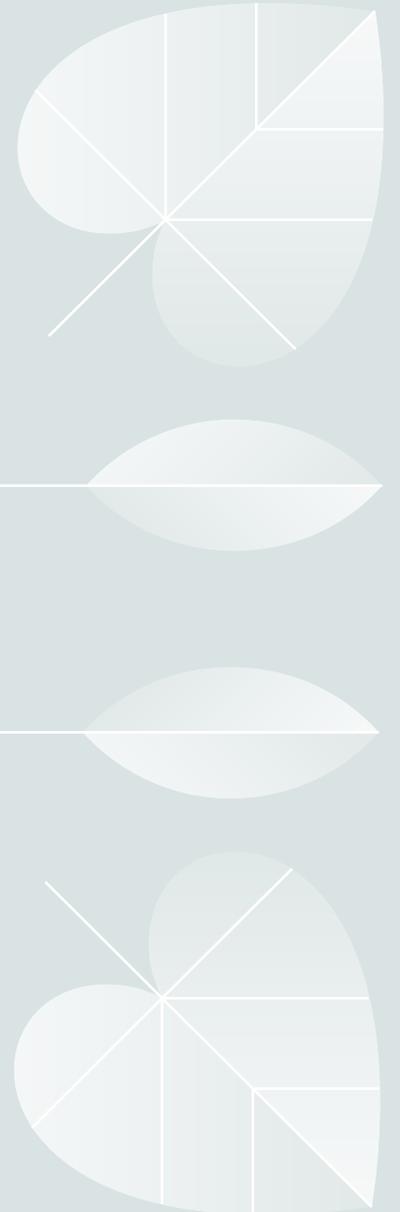
PARENTS:

- Increased number of ED and clinic visits
- Lower parental self-efficacy
- Limited adherence to safety guidance (safe infant sleep/car seat usage)
- Fathers, partners, adoptive parents at risk for mental health conditions
- Paternal depression (1 in 10)



Terminology

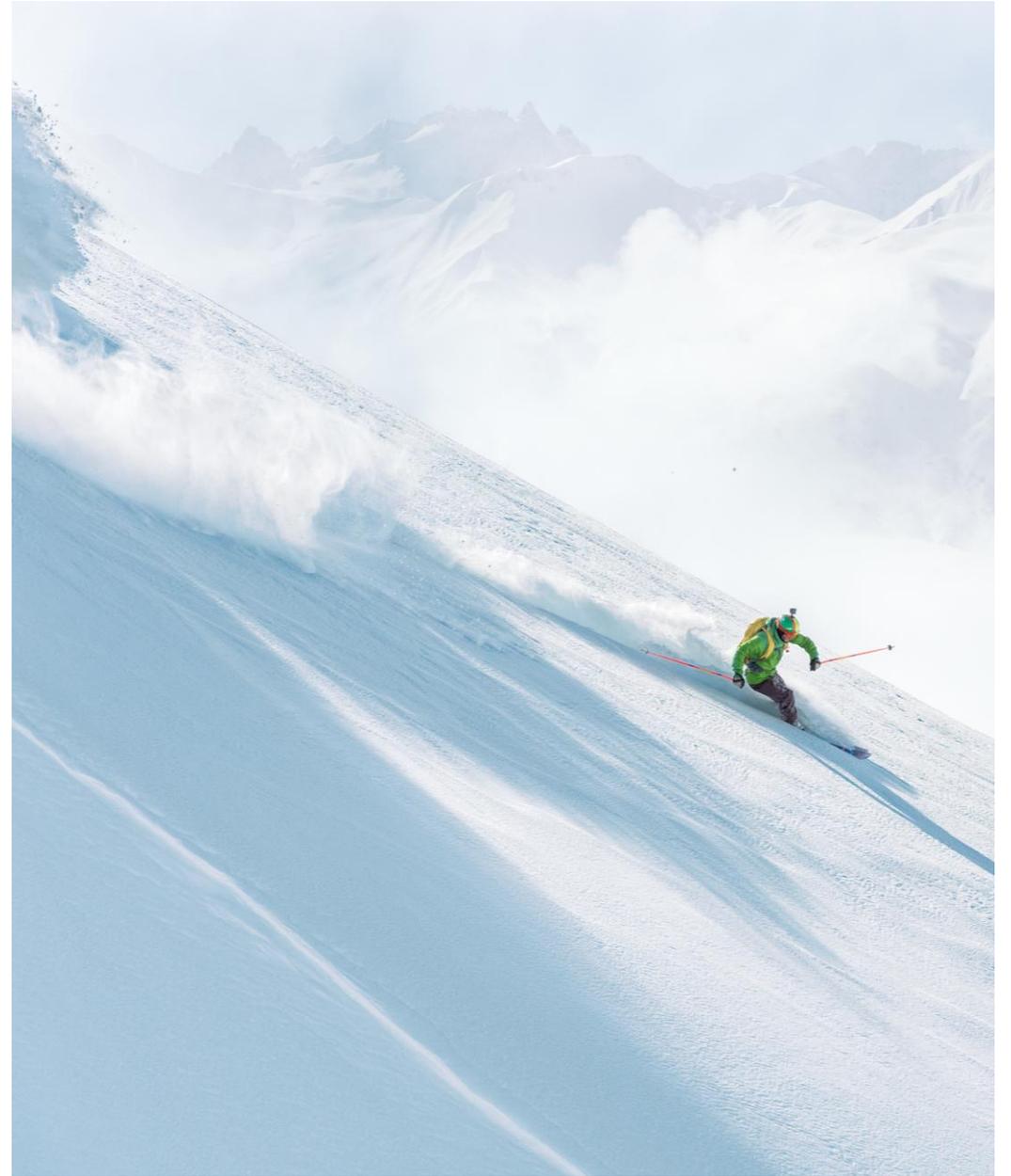
- **Perinatal Depression (PND)** – Persistent sadness, fatigue, lack of interest, guilt
- **Postpartum Anxiety (PPA)** – Excessive worry, panic attacks, irritability
- **Postpartum OCD (PPOCD)** – Intrusive thoughts, compulsions, hyper-vigilance
- **Postpartum PTSD** – Trauma from birth, flashbacks, hyperarousal
- **Postpartum Psychosis** – Hallucinations, delusions, disconnection from reality (medical emergency)





Risk Factors

- Biological
- Psychological
- Social
- Historical



Matrescence



Physical Changes



Emotional and
Psychological Changes



Social Changes

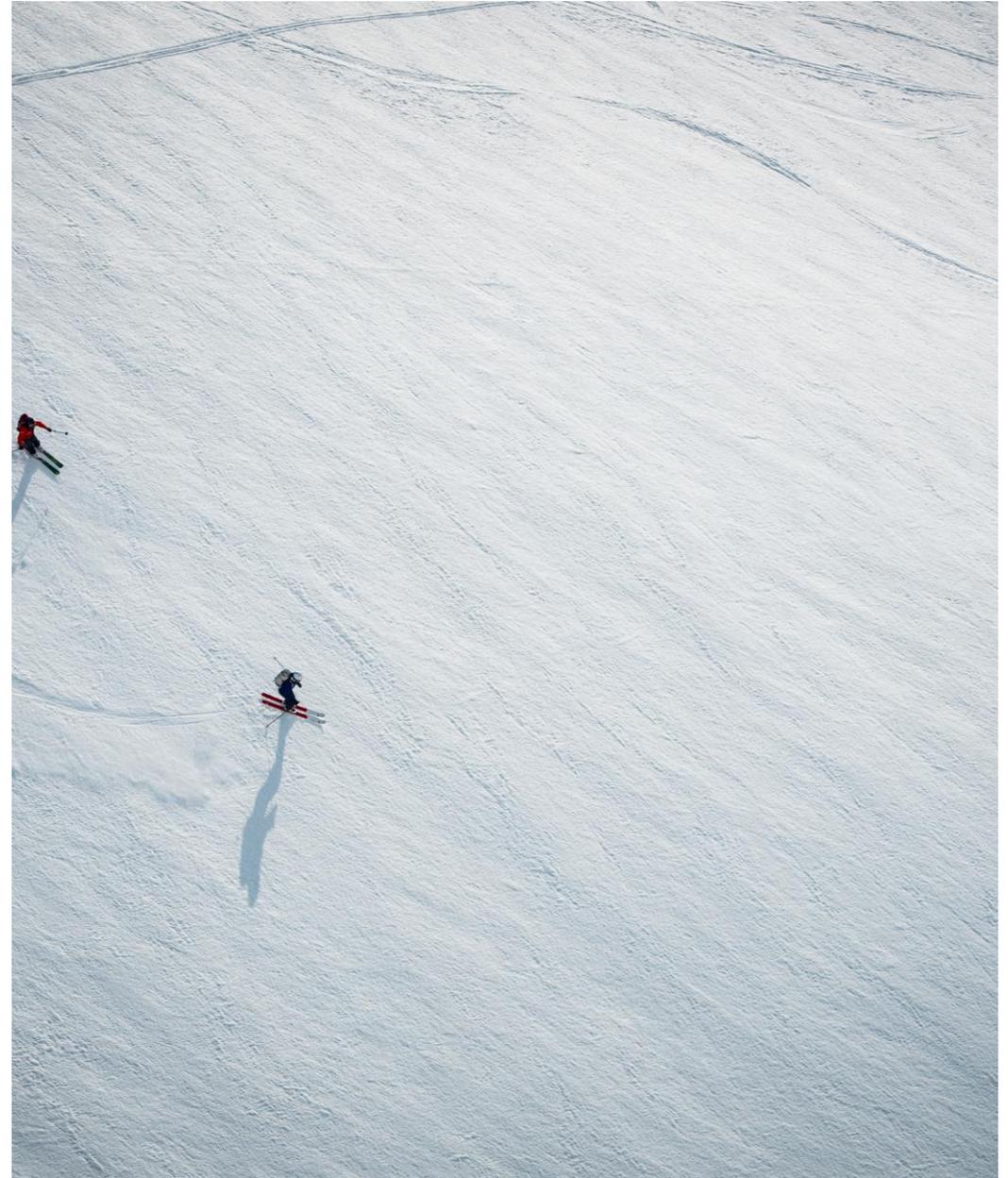


Cultural Expectations



Signs and Symptoms

- Persistent sadness, mood swings
- Overwhelming anxiety, panic attack
- Sleep disturbances (beyond newborn needs)
- Lack of bonding with the baby
- Intrusive thoughts, fear of harming the baby
- Suicidal thoughts or thoughts of self-harm



Diagnosis and Screening

Edinburgh Postnatal
depression scale
(EPDS)

GENERALIZED
ANXIETY DISORDER-7
(GAD-7)

CLINICAL
ASSESSMENTSS



The Edinburgh Postnatal Depression Scale (EPDS)

- The most commonly used screening tool
 - Consists of 10 Self-Reported questions
 - Takes LESS than 5 minutes to complete
 - Translated into 50 languages

The EPDS excludes constitutional symptoms of depression (ex. changes in sleep) which are common in pregnancy and the postpartum period (ACOG)

Edinburgh Postnatal Depression Scale¹ (EPDS)

Name: _____ Address: _____

Your Date of Birth: _____

Baby's Date of Birth: _____ Phone: _____

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today.

Here is an example, already completed.

I have felt happy:

- Yes, all the time
 Yes, most of the time This would mean: "I have felt happy most of the time" during the past week.
 No, not very often Please complete the other questions in the same way.
 No, not at all

In the past 7 days:

- | | |
|---|--|
| 1. I have been able to laugh and see the funny side of things
<input type="checkbox"/> As much as I always could
<input type="checkbox"/> Not quite so much now
<input type="checkbox"/> Definitely not so much now
<input type="checkbox"/> Not at all | *6. Things have been getting on top of me
<input type="checkbox"/> Yes, most of the time I haven't been able to cope at all
<input type="checkbox"/> Yes, sometimes I haven't been coping as well as usual
<input type="checkbox"/> No, most of the time I have coped quite well
<input type="checkbox"/> No, I have been coping as well as ever |
| 2. I have looked forward with enjoyment to things
<input type="checkbox"/> As much as I ever did
<input type="checkbox"/> Rather less than I used to
<input type="checkbox"/> Definitely less than I used to
<input type="checkbox"/> Hardly at all | *7. I have been so unhappy that I have had difficulty sleeping
<input type="checkbox"/> Yes, most of the time
<input type="checkbox"/> Yes, sometimes
<input type="checkbox"/> Not very often
<input type="checkbox"/> No, not at all |
| *3. I have blamed myself unnecessarily when things went wrong
<input type="checkbox"/> Yes, most of the time
<input type="checkbox"/> Yes, some of the time
<input type="checkbox"/> Not very often
<input type="checkbox"/> No, never | *8. I have felt sad or miserable
<input type="checkbox"/> Yes, most of the time
<input type="checkbox"/> Yes, quite often
<input type="checkbox"/> Not very often
<input type="checkbox"/> No, not at all |
| 4. I have been anxious or worried for no good reason
<input type="checkbox"/> No, not at all
<input type="checkbox"/> Hardly ever
<input type="checkbox"/> Yes, sometimes
<input type="checkbox"/> Yes, very often | *9. I have been so unhappy that I have been crying
<input type="checkbox"/> Yes, most of the time
<input type="checkbox"/> Yes, quite often
<input type="checkbox"/> Only occasionally
<input type="checkbox"/> No, never |
| *5. I have felt scared or panicky for no very good reason
<input type="checkbox"/> Yes, quite a lot
<input type="checkbox"/> Yes, sometimes
<input type="checkbox"/> No, not much
<input type="checkbox"/> No, not at all | *10. The thought of harming myself has occurred to me
<input type="checkbox"/> Yes, quite often
<input type="checkbox"/> Sometimes
<input type="checkbox"/> Hardly ever
<input type="checkbox"/> Never |

Administered/Reviewed by _____ Date _____

Care Actions

Therapy:

Medications

Support Groups

Self-Care & Lifestyle Adjustments

Partner & Family Education



Microsystem

Hormones

Social support

Maternal
confidence/competence/efficacy

Spirituality/culture

Childcare (accessibility, cultural
expectations)

Suicidality

Mesosytem

Birth environment

Perinatal health care experiences

Provider prejudice

Community violence



How Trauma-
informed care
can address
Historical
trauma

Cultural competence

Integrated services

Community involvement

Healing informed care

Preventing Re-traumatization

Exosystem

Reproductive health policy

Media

FMLA

Paid leave (paternal and maternal)

ADA

Narcissism of maternal mother

Partner support

Macrosystem

Culturally Representational/Appropriate
Care, policy, healthcare systems

Gender expectations

Policy (welfare policy, WIC, breastfeeding
support, SNAP etc.)

Healthcare systems

Culture

Racism



Thank you

Joyce Tow, PhD, APRN-CNP

405-274-8174

Joyce-tow@ouhsc.edu