RISK FACTORS FOR PERINATAL MOOD DISORDERS (PMDs)

Predictive Risk Factors:

- Depression or anxiety during pregnancy
- Previous PMD
- Family history of PMD
- Personal or family history of depression, anxiety, bipolar disorder, eating disorders or obsessive-compulsive disorder
- History of trauma or abuse
- History of sensitivity to hormonal shifts: e.g., depression or anxiety at puberty, PMS, after pregnancy loss, mood sensitivity to birth control pills or fertility drugs
- Thyroid imbalance or dysfunction
- Diabetes
- Social Stressors: low social support; poverty; interpersonal violence
- Unplanned or unwanted pregnancy
- Single parenthood
- Multiple Births
- Military Duty or Spouse

Exacerbating Factors:

- Perfectionism: Superwoman Syndrome
- Crisis related to health of baby or mother: high-needs infant
- History of Fertility Treatments
- Recent loss or move
- Difficulty/Complications in pregnancy or birth
- Difficulty Breastfeeding
- Age-related stress and hormonal influences: puberty, perimenopause
- Unresolved feelings about miscarriage, abortion, adoption, or infant loss
- *Alcohol or drug use*