

# Perinatal Mood & Anxiety Disorders (PMADS)

Perinatal: Anytime during pregnancy through the first year postpartum



Depression (PPD)



Anxiety (PPA)



Panic Disorder



Obsessive Compulsive Disorder (OCD)



Postpartum PTSD



Bipolar Disorder



Postpartum Psychosis

## Symptoms



Feelings of guilt, shame, or hopelessness



Disturbance of sleep and appetite



Feelings of anger, rage, or irritability, or scary and unwanted thoughts



Crying and sadness, constant worry or racing thoughts



Lack of interest in the baby or difficulty bonding with baby



Physical symptoms like dizziness, hot flashes, and nausea



Loss of interest, joy or pleasure in things you used to enjoy



Possible thoughts of harming the baby or yourself

## Treatment Options

Counseling  
Medication  
Support from Others  
Exercise  
Adequate Sleep  
Healthy Diet  
Yoga  
Relaxation Techniques

## Risk Factors



History of depression, anxiety, OCD



Pregnancy or delivery complications, infertility, miscarriage or infant loss



Abrupt discontinuation of breastfeeding



Thyroid imbalance, diabetes, endocrine disorders



History of abuse



Financial stress or poverty



Lack of support from family and friends



Premenstrual Syndrome (PMS)



Unwanted or unplanned pregnancy