



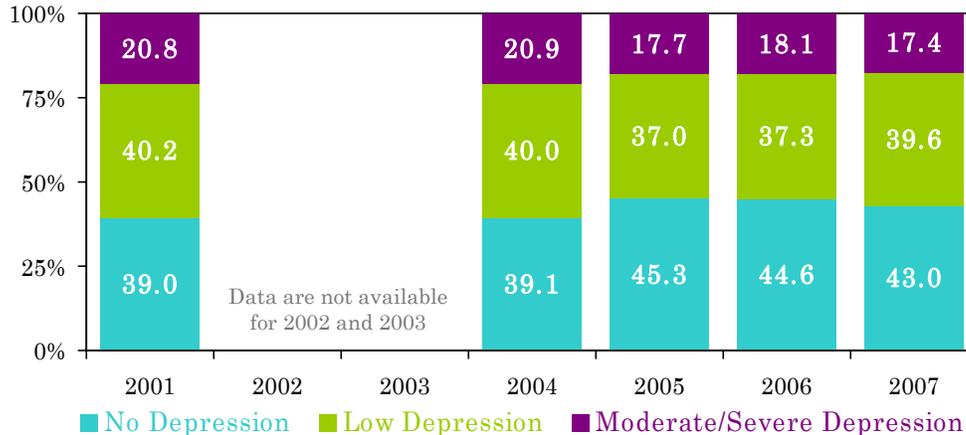
Postpartum Depression:

Self-Reported Symptoms Among Idaho Mothers, 2007

Postpartum Depression Among Idaho Mothers

Depression symptoms following pregnancy can range from less severe cases typically referred to as “baby blues” to more severe cases such as postpartum depression (PPD). PPD is often characterized by prolonged episodes of irritability, anxiety, confusion, feelings of sadness or hopelessness, loss of interest in activities, changes in sleeping or eating patterns, or thoughts of suicide. Not only is PPD detrimental to mothers, it can also negatively impact infant development and infant-mother bonding.^{1,2}

Self-Reported Depression Level During Three Months After Pregnancy by Year PRATS 2001 - 2007



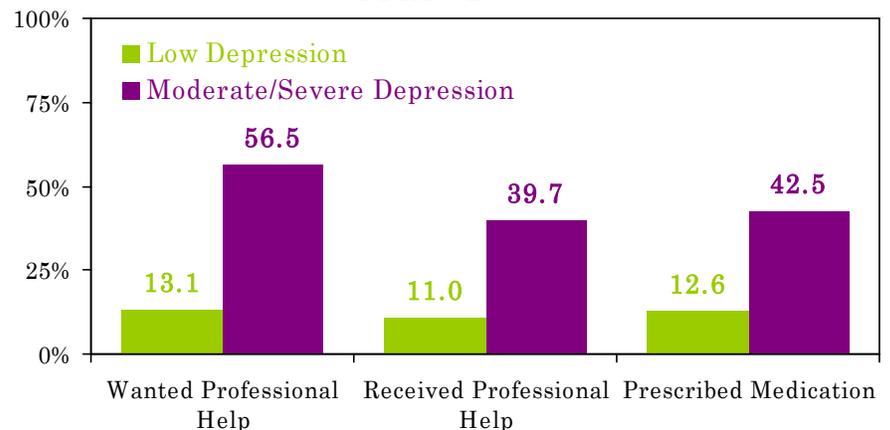
Idaho mothers* were asked to gauge their depression level during the three months after giving birth. More than two-in-five (43.0 percent) Idaho mothers who gave birth in 2007 were not depressed after delivery. However, nearly two-in-five (39.6 percent) mothers rated themselves as being “a little depressed,” and more than one-in-six (17.4 percent) mothers were moderately or severely depressed during the three months after pregnancy. Between 2001 and 2007, there were no significant changes in prevalence of PPD levels reported by Idaho mothers.

Treatment for Postpartum Depression

Among the mothers who reported low depression levels during the three months after pregnancy, one-in-eight (13.1 percent) wanted to seek professional help. More than one-in-ten (11.0 percent) received professional help to treat their depression, and about one-in-eight (12.6 percent) were prescribed medication.

Of the mothers who rated themselves as being moderately or severely depressed after pregnancy, more than half (56.5 percent) wanted to see a professional for their depression. However, less than two-in-five (39.7 percent) actually saw a professional for their depression, and more than two-in-five (42.5 percent) were prescribed depression medication.

Treatment for Depression by Self-Reported Depression Level During Three Months After Pregnancy PRATS 2007

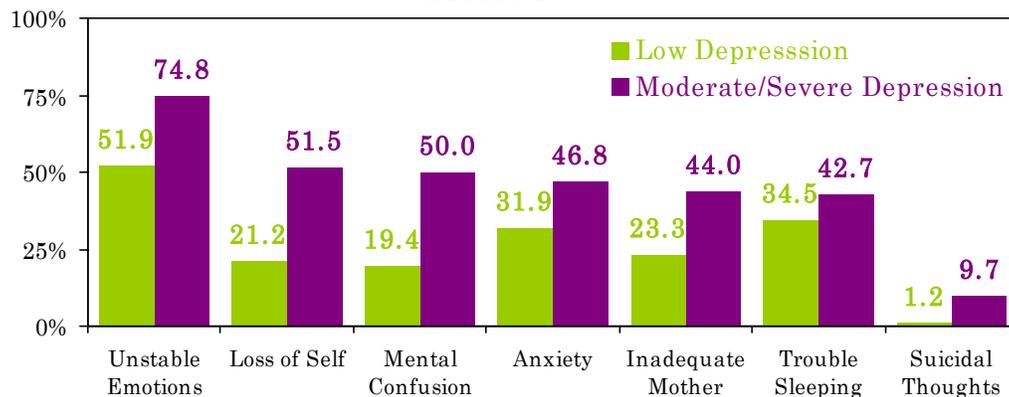


* The term “mothers” refers to Idaho resident adult mothers (aged 18 and older) who gave birth (live birth) in Idaho.

Mental and Emotional Health Symptoms Related to Postpartum Depression

Idaho mothers were asked to rate their level of agreement (“strongly agree” to “strongly disagree”) with several statements* regarding their mental and emotional health during the past two weeks. Mothers who were moderately or severely depressed after pregnancy were significantly more likely than mothers with low depression to respond “agree” or “strongly agree” to statements indicating unstable emotions, feelings of loss of self, mental confusion, anxiety, feelings of being an inadequate mother, and having suicidal thoughts.

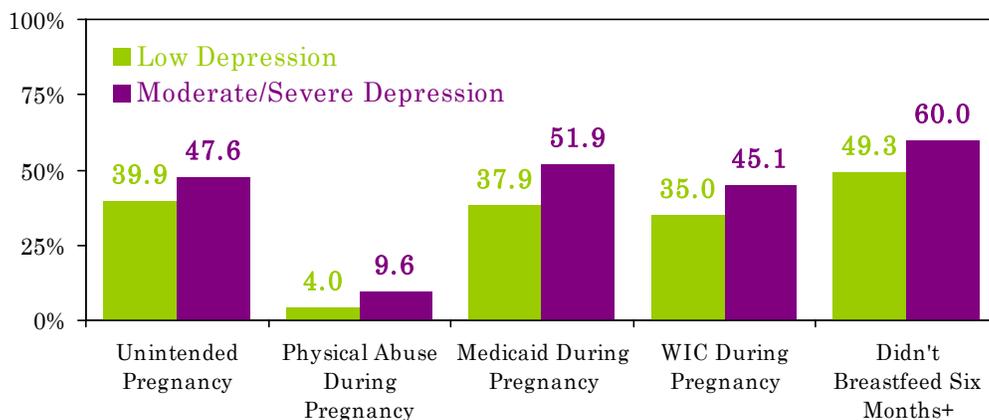
Mental and Emotional Health Symptoms by Self-Reported Depression Level During Three Months After Pregnancy
PRATS 2007



** Mental and emotional health symptoms were determined by agreement with the following statements: 1) Unstable Emotions, “I felt like my emotions were on a roller coaster”; 2) Loss of Self, “I was afraid that I would never be my normal self again”; 3) Mental Confusion, “I felt like I was losing my mind”; 4) Anxiety, “I got anxious over even the littlest things that concerned my baby”; 5) Inadequate Mother, “I felt like I was not the mother I wanted to be”; 6) Trouble Sleeping, “I had trouble sleeping when my baby was asleep”; 7) Suicidal Thoughts, “I have thought that death seemed like the only way out of this living nightmare.”

Maternal Characteristics Related to Postpartum Depression

Maternal Characteristics by Self-Reported Depression Level During Three Months After Pregnancy
PRATS 2007



When compared with mothers who reported low depression levels following pregnancy, mothers with moderate or severe depression levels were significantly more likely to have experienced physical abuse during pregnancy, received Medicaid to cover prenatal care and/or delivery expenses, participated in the supplemental nutrition program for women, infants, and children (WIC) during pregnancy, and not breastfed their baby for at least six months.

What is the Idaho PRATS?

The Idaho Pregnancy Risk Assessment Tracking System (PRATS) is an annual survey of Idaho mothers that asks questions about maternal experiences and health behaviors before, during, and after pregnancy which may affect pregnancy outcomes and infant health. The data presented in this fact sheet are representative of Idaho resident adult mothers who gave birth in Idaho in 2007. For more details on the PRATS project or any of the survey results, please contact the PRATS director at (208) 332-7366.

References:

1. “Prevalence of Self-Reported Postpartum Depressive Symptoms — 17 States, 2004-2005,” Morbidity and Mortality Weekly Report (MMWR), Centers for Disease Control and Prevention, April 11, 2008, 57(14): 361-366.
2. “Depression During and After Pregnancy,” U.S. Department of Health and Human Services, Office on Women’s Health, www.womenshealth.gov, Accessed February 5, 2009.

Source: 2007 Pregnancy Risk Assessment Tracking System (PRATS), Idaho Department of Health and Welfare, Division of Health, Bureau of Vital Records and Health Statistics, March 2009

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