



## **Postpartum Depression (PPD) Potential Risk Factors**

- Previous PPD (50%)
- Depression or anxiety in pregnancy
- Family or personal history of bipolar disorder/manic depression
- Personal history of depression or anxiety
- Difficult pregnancy, delivery or breastfeeding
- Hyperemesis (vomiting during pregnancy)
- History of severe PMS or sensitivity to hormonal changes
- Thyroid disease
- Diabetes
- Recent loss or move
- Family discord
- Isolation from family and friends
- Perfectionism/ high expectations/ “Superwoman” syndrome
- History of abuse
- Unresolved feelings about previous miscarriage or abortion
- Unresolved feelings about adoption

## **Exacerbating factors**

- Seasonal Affect Disorder due to Northwest climate
- Left job to be home with baby leading to loss of “status” and income plus loss of control over environment
- Partner/ Spouse has high-stress job, works irregular hours including a grave or swing shift schedule