

## RISK FACTORS FOR PERINATAL MOOD DISORDERS (PMDs)

### Predictive Risk Factors:

Depression or anxiety in pregnancy

Previous PMD

Family history of PMD

Personal or family history of depression, anxiety, bipolar disorder, eating disorders or OCD

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 dysfunction or diabetes

Poor social, familial or financial well-being

Mother is under 18

### Exacerbating factors:

Crisis related to health of baby or mother; high-needs infant

Recent loss or move

Perfectionism: Superwoman Syndrome

Complications in pregnancy, birth, or breastfeeding

History of abuse

Unresolved feelings about miscarriage, abortion, adoption, or infant loss

**Wendy Newhouse Davis, Ph.D.**

POSTPARTUMHOPE@AOL.COM 503-246-0941