

PERINATAL MOOD DISORDERS

TYPE OF DISORDER	SYMPTOMS MAY INCLUDE	ONSET	PREVALENCE Per pregnancy
Prenatal Depression or Anxiety	Sadness and unusual weepiness, lethargy, anxiety, insomnia, fear of pregnancy, low appetite, rumination, regret, intense fears.	Pregnancy	13% - 15%
Postpartum Psychosis	Hypomanic or manic symptoms, delirium, periods of delusional thought, possible auditory or visual hallucinations, suspiciousness, withdrawal. May be denial of birth or baby, or glorification.	Birth – 3 months	.1% - .2% 1 to 2 / thousand
Post Traumatic Stress	Anxiety, panic, or intrusive thoughts related to specific event (e.g., birth or past trauma.) Recurrent images or nightmares, fears, ruminating, withdrawal and anger. Dissociation and depersonalization.	Pregnancy through any time in first year	1.5 % - 6%
Major Postpartum Depression	Feeling overwhelmed, despair, weepiness, flat or volatile emotions, detachment and depersonalization, often with anxiety and agitation. Difficulty eating, sleeping, and concentration. Anger, irritability, non-violent rage.	Any time in first year	15% - 20%
Obsessive-Compulsive Disorder	Repetitive and intrusive images, thoughts, or fears <i>that are disturbing or abhorrent to the woman</i> . Anxiety about specific places or activity, ritualized avoidance or compulsive behaviors. Repetitive fears about health and safety.	Pregnancy through any time in first year	3% - 5%
Postpartum Anxiety or Panic Disorder	Rapid heartbeat, temp fluctuations, feeling of dread and apprehension, insomnia, dizziness. Common fears: going crazy, illness, losing sight or ability to breathe. Fear of being alone. Fluctuates in intensity and frequency.	Any time in first year	10%