



# Risk Factors

*Up to 20% of all moms will experience an anxiety or mood disorder (PMAD) in pregnancy or during the postpartum period.*

## **PMADs ARE THE MOST COMMON COMPLICATION OF CHILDBIRTH.**

*Review the risk factors below and check the ones that are true for you. Talk to your doctor about creating a plan to prevent PMADs during your pregnancy or after birth.*

### **Biological/Psychological Predispositions**

- History (personal or family) of previous PMADs
- History (personal or family) of anxiety, depression, bipolar, OCD, eating disorder
- History of PMS mood trouble
- Perfectionism, high expectations, type-A personality
- Diabetes
- Thyroid imbalance
- Fertility challenges

### **Social/Environmental Predispositions**

- Inadequate social support
- Interpersonal violence
- Financial stress or poverty
- Recent loss or move
- High stress parenting
- Military families
- Teen parent
- Moms of multiples
- Single mom

### **Additive factors**

- Pregnancy, birth, or breastfeeding complications
- Health challenges in baby or parents
- Baby temperament

- Age related stress (adolescence or perimenopause)
- Climate stress (too hot to take kids to the park)
- Pain
- Lack of sleep
- Abrupt discontinuation of breastfeeding
- Childcare or relationship stress
- Losses, such as miscarriage, neonatal death, stillborn, selective termination, or elective abortion
- History of childhood sexual abuse

### **Other possible additive factors**

- Abrupt change in identity
- Career vs. motherhood uncertainty/doubt
- Who's the dad? (Paternity uncertainty)
- Unresolved grief or attachment with your own mom
- Returning to work

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