



# SUPPORT for MOMS

## Beyond Baby Blues

### Perinatal Mood Disorders

Type of Disorder	Symptoms May Include	Onset	Prevalence
<b>Prenatal Depression or Anxiety</b>	Sadness and unusual weepiness, lethargy, anxiety, insomnia, fear of pregnancy, low appetite, ruminations, regret, and intense fear.	Pregnancy	13%-15%
<b>Postpartum Psychosis</b>	Hypo manic or manic symptoms, delirium, and periods of delusional thought, possible auditory or visual hallucinations, suspiciousness, and withdrawal. May be denial of birth or baby, or glorification.	Birth to 3 months	.1%-2%
<b>Post Traumatic Stress</b>	Anxiety, panic, or intrusive thoughts related to specific event (e.g., birth or past trauma). Recurrent images or nightmares, fears, ruminating, withdrawal and anger, disassociation and depersonalization.	Pregnancy through any time of the first year	1.5%-6%
<b>Major Postpartum Depression</b>	Feeling overwhelmed, despair, weepiness, flat or volatile emotions, detachment, and depersonalization, often with anxiety and agitation. Difficulty eating, sleeping, and concentrating. Anger, irritability, and non-violent rage.	Any time in the first year	15%-20%
<b>Obsessive-Compulsive Disorder</b>	Repetitive and intrusive images, thoughts, or fears that are disturbing or abhorrent to the woman. Anxiety about specific places or activities, ritualized avoidance or compulsive behaviors. Repetitive fears about health and safety.	Pregnancy through any time in the first year	3%-5%
<b>Postpartum Anxiety or Panic Disorder</b>	Rapid heartbeat, temperature 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 the first year	10%



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**You are not alone. You are not to blame. With help, you will be well.**