

Changing the Face of Social-Emotional Health Services

Perinatal Mood Disorders: Critical Need for Intervention

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2011 CITYMATCH CONFERENCE



Why “Perinatal Mood Disorder” vs. “Postpartum Depression”?

PMD includes depression and other mental health diagnoses
PMD occurs before, during & up to 12 months postpartum

**Depression / Anxiety / OCD,
Panic Disorders / Agoraphobia,
Bi- Polar Disorder / Psychosis**



Agency for Healthcare Research and Quality <http://www.ahrq.gov/clinic/epcsuims/peridepsuim.htm>

Why use a validated screening tool?

To increase diagnostic reliability

EPDS increased the detection of PPD from 6.3% to 35.4%

Why screen universally?

To identify women who would otherwise go undiagnosed - including those with suicidal ideation

In a sample of women 6 wks PP, the diagnosis of PPD increased from 3.7% to 10.7% with routine screening using a validated tool.

Georgiopoulos et. al. (2001). Routine Screening for Postpartum Depression. Journal of Family Practice. 2001.

Validated Screening Tools

Edinburgh

(EPDS) 10 questions – available in Spanish

A screenshot of the Edinburgh Postnatal Depression Scale (EPDS) form. It includes a header with the title 'Edinburgh Postnatal Depression Scale (EPDS)', a section for patient information (Name, Date of Birth, Date of Onset), and a list of 10 numbered questions. Each question has a corresponding score and a space for the patient's response.

Patient Health Questionnaire

(PHQ) 9 questions

Postpartum Depression Screening Scale

(PDSS) 35 questions

A screenshot of the Postpartum Depression Screening Scale (PDSS) form. It features a header with the title 'Postpartum Depression Screening Scale (PDSS)', a section for patient information (Name, Date of Birth, Date of Onset), and a list of 35 numbered questions. Each question has a corresponding score and a space for the patient's response.

2-question screen:

- During the past month, have you often been bothered by feeling down, depressed, or hopeless?
- During the past month, have you often been bothered by little interest or pleasure in doing things?

PMD affects pregnancy outcomes

- ↑ preterm birth
- ↑ low birth weight
- ↑ miscarriage
- ↑ preeclampsia



Research suggests maternal depression leads to an alteration in the mother's neuroendocrine axis and uterine blood flow which may contribute to premature delivery, LBW etc.

Babies of mothers who suffered from depression during pregnancy have elevated cortisol and catecholamine levels at birth. They cry more often and are more difficult to console.

Marcus, S., & Heringhausen, J. (2009). Depression in Childbearing Women: When Depression Complicates Pregnancy. *National Institute of Health. Primary Care*, March 2009.

PMD adversely effects child & family

- **Poor maternal-child attachment**
- Loss of confidence in parenting ability
- Developmental delays: language delays
- Behavioral difficulties
- Lower cognitive performance
- Mental health disorders
- Attention problems
- Martial relationship problems



Vericker, R., Macomber, J. & Golden, O. (2010). Infants of Depression Mothers Living in Poverty: Opportunities to Identify and Serve. *The Urban Institute Brief* 1, August 2010.

Maternal Depression and the Developing Child

1 in 9 (11%) infants living below the FPL lives with a mother suffering from severe depression.

55% of all infants living in poverty are being raised by mothers with some form of depression including mild and moderate.

Vericker, R., Macomber, J. & Golden, O. (2010). Infants of Depression Mothers Living in Poverty: Opportunities to Identify and Serve. *The Urban Institute* Brief 1, August 2010.

“Children who experience maternal depression early in life may suffer lasting effects on their brain architecture and persistent disruptions of their stress response systems”.

Maternal Depression Can Undermine the Development of Young Children (2009). Working paper 8, *Center on the Developing Child Harvard University*, December 2009.

Impact of maternal depression on developing child

When compared to non-depressed mothers, depressed mothers demonstrate:

- *Less affectionate behaviors
- *Less responsive to infant cues
- *More flat affect or withdrawal

Infants display more sleep problems which further exacerbates mother's difficulties

As studies continue - effects on child may extend well into early teen years and have continued repercussions



The Effect of PPD on Infants and Children: Recognizing and Screening for Postpartum in Moms of NICU Infants, *Adv Neonatal Care*, 2003, W. B. Saunders

Sonoma County Model

- **Mental Health Services Act - Prevention & Early Intervention Funding**
 - In collaboration with First 5
- **Collaboration with Public Health Programs**
 - Public Health Field Nursing, WIC, Clinics
- **Incorporate PMD info across programs**
- **Referrals from other parenting programs**
- **In Home Counseling**
 - **Bilingual therapist offered to high risk parents**
- **Resources and referrals**



Community Education & Advocacy

To increase awareness and understanding of PMD

- Reduce stigma – more acceptance of PMD and possible occurrence over pre and long post-natal period.
- Capacity building – more providers paying attention to mood disorders during pregnancy and during 1st year of infancy.
- Increase 1:1 and group treatment at community health clinics.



