



# Perinatal Mood and Anxiety Disorders Information

## For Community Partners in Iowa

Perinatal Mood and Anxiety Disorders (PMAD) are the most common complication of childbirth, affecting 15-20% of pregnant women and women with young children and up to 10% of men with young children.

### Risk Factors

The following factors elevate a person's risk, although sometimes PMAD occurs without any risk factors present.

- **#1 Predictor: History of anxiety/depression during pregnancy**
- Perfectionist personality
- Recent stressors: illness, divorce, move, job change, death, finances
- Personal or family history of depression, anxiety or PMAD
- Lack of family or social support
- Complications in pregnancy or with breastfeeding
- Traumatic labor and delivery
- Fussy, colicky, ill or high need baby
- Reproductive losses: miscarriage, abortion, infertility
- Unplanned pregnancy
- Stressful relationship with significant other
- Mother of multiples
- Mother of infant(s) in NICU
- Women with thyroid imbalance
- High expectations of motherhood
- High expectations of breastfeeding

### Red Flags

Patient is...

- Having trouble bonding with baby
- Confused, unable to care for self
- Suspicious of staff, visitors, family
- Especially difficult to interact with
- Experiencing mood instability like excessive anxiety or worry, sadness, irritability
- Experiencing scary thoughts
- Responding to internal stimuli
- Very withdrawn or shows loss of interest in normal activities

### What to Ask...

#### During Pregnancy

- Are you feeling like yourself?
- How is your sleeping/eating?
- Do you have the support you need?
- Are you taking any medications?
- Have you had times where you feel more worried or sad?
- Have you ever taken medications for depression/anxiety?
- Are you taking any vitamins, supplements or herbs?
- Have you had severe mood changes during your periods?

#### Postpartum

- How are you feeling about being a mom?
- Is there anything more you think I should know about?
- Do you have any particular concerns?
- Can you rest when your baby is resting?
- Can you rest when you want to rest?
- How is your appetite?
- Are you feeling like yourself emotionally?
- Do you have the energy to do the things you need to do?
- Are you feeling more irritable than usual?
- Are you having any scary or unusual thoughts?
- Do you have any thoughts like, "Life isn't worth living?"
- Do you ever wish to "fall asleep and not wake up?"

### PMAD Resources

#### Websites

Pine Rest PMAD Resource Pages | [pinerest.org/pmdhope](http://pinerest.org/pmdhope)  
Postpartum Support International | [www.postpartum.net](http://www.postpartum.net)  
Postpartum Progress Blog | [www.postpartumprogress.com](http://www.postpartumprogress.com)

#### Books

*Beyond the Blues: Understanding & Treating Prenatal and Postpartum Anxiety*, Shoshana Bennett & Pec Indman  
*Dropping the Baby & Other Scary Thoughts*, Karen Kleiman  
*Medications and Mother's Milk 2017*, Thomas Hale & Hillary Rowe  
*The Postpartum Husband*, Karen Kleiman  
*Therapy & the Postpartum Woman*, Karen Kleiman

## Pine Rest Services for PMAD

Pine Rest offers a full continuum of behavioral health services for people with PMAD. We participate with most health insurance plans. Our staff is happy to assist you or your patient with questions about coverage and payment.

**Outpatient & Telehealth Services.** Our dedicated staff includes many professionals with advanced training in PMAD treatment. Special attention is given to the unique needs of parents in this time of life.

- We provide a comfortable environment for both women and men with PMAD.
- Through our Telehealth Services, we provide services using a secure, online video connection which helps parents with the challenges childcare arrangements, nap time and travel can create.

Referrals are best made via fax, but can also be made by phone. For a copy of the referral form, call or visit [pinerest.org/iowareferral](http://pinerest.org/iowareferral).

### Outpatient Services Referrals

Fax: 877.242.6963

Phone: 866.852.4001

**Pregnancy & Postpartum HOPEline.** Have questions or concerns about symptoms, resources or treatment? Call our toll-free and confidential HOPEline. All are welcome. Calls are returned within one business day.

HOPEline in Iowa  
844.PMD.HOPE (844.763.4673)

## Healthcare Providers Resources

Do you need help, outpatient referral forms, PMAD Consent to Contact form or release of information forms? Visit our Community Partners Guide online.

Healthcare Providers Resources  
[pinerest.org/iowareferral](http://pinerest.org/iowareferral)

## Free Support Group

### Postpartum Adjustment Group

Weekly support group for women struggling with issues such as lack of sleep, feeding issues, feeling overwhelmed, worried about returning to work, loss of appetite, feeling isolated or alone, increased anxiety, difficulty finding balance at home, feelings of guilt or sadness, lack of concentration and feeling “out of sorts” emotionally. Groups meet every Tuesday. Call 641.628.9599 for registration or questions.

### Pella

Every Tuesday, 6:30 – 8 p.m.

Call for location

641.628.9599



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Mental Health  
Services

[pinerest.org/iowareferral](http://pinerest.org/iowareferral)