PERINATAL MOOD AND ANXIETY DISORDERS (PMADS)

Perinatal: Anytime during pregnancy through the first year postpartum

**SYMPTOMS**

- Feelings of guilt, shame or hopelessness
- Feelings of anger, rage, or irritability, or scary and unwanted thoughts
- Lack of interest in the baby or difficulty bonding with baby
- Loss of interest, joy or pleasure in things you used to enjoy
- Disturbances of sleep and appetite
- Crying and sadness, constant worry or racing thoughts
- Physical symptoms like dizziness, hot flashes, and nausea
- Possible thoughts of harming the baby or yourself

**RISK FACTORS**

- History of depression, anxiety, OCD
- Pregnant or delivery complications, infertility, miscarriage or infant loss
- Thyroid imbalance, diabetes, endocrine disorders
- Premenstrual Syndrome (PMS)
- Lack of support from family and friends
- Financial stress or poverty
- Abrupt discontinuation of breastfeeding
- History of Abuse
- Unwanted or unplanned pregnancy

**TREATMENT OPTIONS**

- Counseling
- Medication
- Support from others
- Exercise
- Adequate sleep
- Healthy diet
- Bright light therapy
- Yoga
- Relaxation techniques

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