



Perinatal Mental Health

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WE HAVE NO FINANCIAL DISCLOSURES



WE ARE SPEAKING AS INDIVIDUAL MEDICAL
PROVIDERS AND NOT AS REPRESENTATIVES OF
OUR EMPLOYER.

What is perinatal mental health (PMH)?

Perinatal refers to the time during a pregnancy or in the year after the end of the pregnancy.

Mental health includes depression, anxiety, bipolar disorder, psychotic disorders, PTSD, OCD and substance use.

Who does it affect?

- 85% of women in the US will experience at least one pregnancy by age 44
- 1:5 women will experience a perinatal mood or anxiety disorder
- Risk factors include:
 - History of mental health disorders
 - Pregnancy complications
 - Infertility or difficulty conceiving
 - Current or previous trauma
 - Financial or social stressors
 - Unplanned pregnancy



How do PMH disorders impact the patient?

Mom

- Less adherence to prenatal care
- Poor nutrition
- Increased substance abuses
- Low birth weight
- Preterm deliveries
- Suicide

Child

- Impaired mother-infant attachment
- Difficulty breastfeeding
- Developmental delay at 18 months
- Increased risk of mental illness in adolescence
- Suicide

How does
it impact us
all?

PMH disorders are a major cause of maternal morbidity and mortality

PMH disorders are the number one underlying cause of pregnancy-related deaths in the United States and in Kansas

Estimated cost of untreated PMH disorders in the US is 14.2 billion annually

Substance Use Disorders contributed to 26 percent of perinatal deaths in the state of Kansas

What can we do?



Improve access to care

Increase screening for mental health needs

Support reimbursement for therapy and social services

Employer support of parental leave and lactation services



Questions?