

Depression and Anxiety During Pregnancy

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Purpose

The number of pregnant women who suffer from anxiety and depression during pregnancy ranges from 20 to 40% [1]. It is more common for women to suffer from mood and anxiety disorders, especially during pregnancy as stated by, *The Journal of Mental Health and Clinical Psychology* [1]. A growing number of women in the U.S. are either suffering from psychiatric illnesses preexisting during pregnancy or are diagnosed with them during pregnancy [1]. There are several causes of worry during pregnancy, including: infant wellbeing, maternal illness, financial and social support, and mortality [1].

Method

Google Scholar research on Depression and Anxiety During Pregnancy.

Outcome/Result

A combination of psychotherapy (talk therapy) and antidepressant medications is often used to treat depression [3]. It can also be helpful to seek support from a partner, family members, and friends as suggested by the American College of Obstetricians and Gynecologists (ACOG) [3].

Background

In accordance with International Journal of Environmental Research and Public Health, anxiety and depression are serious health problems associated with psychological disorders during pregnancy [2]. A higher percentage of women suffer from prenatal depression than postpartum depression [2]. It is estimated that about 12% of women worldwide suffer depression during pregnancy [2]. Physical or hormonal changes, as well as anxiety about labor or fetal outcomes, can contribute to psychological disorders during pregnancy [2]. Additionally, depression during pregnancy has been linked to low birth weight, preterm delivery, and intrauterine growth restriction [2]. The majority of women with perinatal depression do not appear to be willing to seek therapy [2].

Conclusion

An expecting mother who is suffering from depression or anxiety during pregnancy may find these helpful steps suggested by the American College of Obstetricians and Gynecologists (ACOG) [3]. Being active, eating the right foods, having a set sleeping routine, and being in a support group with other expecting mothers where a professional guides the discussion are ways to deal with depression and anxiety [3].

Bibliography

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