



## **Prenatal Risk Factors for Postpartum Depression**

- Personal History of depression, panic, extreme anxiety, OCD, bipolar disorder, psychosis or an eating disorder
- Current or past use of psychotropic medication or herbs for mood stabilization
- Previous pregnancy or postpartum mood disorder
- History of severe premenstrual mood changes (PMS or PMDD)
- Family history of mental illness
- Personal or family history of substance abuse
- Currently smokes
- Inadequate emotional and/or physical support
- History of trauma (sexual abuse, birth-related trauma, physical abuse, etc.)
- Major life stressors (for example, moving, job change, deaths, financial problems)
- Health problems for the mother or the fetus/baby
- Personal or family history of thyroid disorder

Excerpt from: Bennett, S., Indman, P. Beyond the Blues, A Guide to Understanding and Treating Prenatal and Postpartum Depression, Moodswings Press, 2006, pg 78-80