

## **NPM 2: POSTPARTUM MENTAL HEALTH SCREENING**

### **GOAL**

To increase the percent of women who receive postpartum depression or anxiety screening.

### **SIGNIFICANCE**

Mental health conditions are common complications during the postpartum period with approximately one in eight women experiencing depressive symptoms following a live birth.<sup>1</sup> Mental health conditions are associated with several adverse health behaviors and outcomes, including poorer maternal and infant bonding, decreased breastfeeding initiation, and delayed infant development.<sup>2</sup> They are also the leading underlying causes of pregnancy-related deaths.<sup>3</sup> Screening for mental health conditions can identify those at risk for depression and increase the provision of treatment or referrals with the potential to reduce other adverse health consequences. Several professional and clinical organizations such as the U.S. Preventive Services Task Force, the American College of Obstetricians and Gynecologists (ACOG), and the American Academy of Pediatrics recommend screening for postpartum depression; ACOG also recommends screening for anxiety symptoms during the postpartum visit.

### **DEFINITION**

**Numerator:** Number of women who reported that a healthcare provider asked a series of questions, in person or on a form, to know if they were feeling down, depressed, anxious, or irritable since their new baby was born.

**Denominator:** Number of women with a recent live birth.

### **HEALTHY PEOPLE 2030 OBJECTIVE**

Related to Pregnancy and Childbirth (MICH) Objective D01: Increase the proportion of women who get screened for postpartum depression (Developmental).

### **STATUS**

The estimated percentage of postpartum women in Delaware with a postpartum mental health screening was roughly the same as the corresponding nationwide percentage as presented in the figures on the following page. The percentages were also comparable across race/ethnicities, health care coverage, and age of the mother.

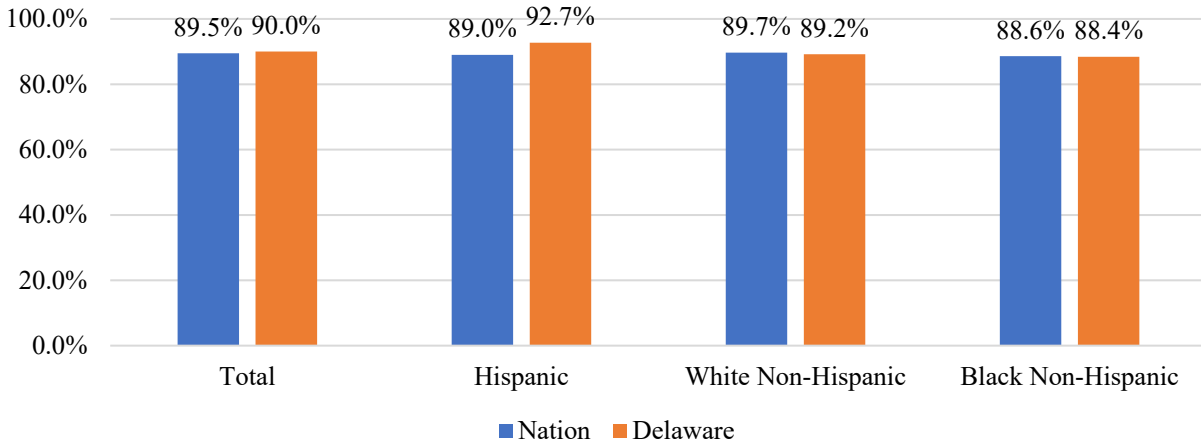
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<sup>1</sup> Bauman BL, Ko JY, Cox S, et al. Vital Signs: Postpartum Depressive Symptoms and Provider Discussions About Perinatal Depression - United States, 2018. *MMWR Morb Mortal Wkly Rep.* 2020;69(19):575-581. Published 2020 May 15.

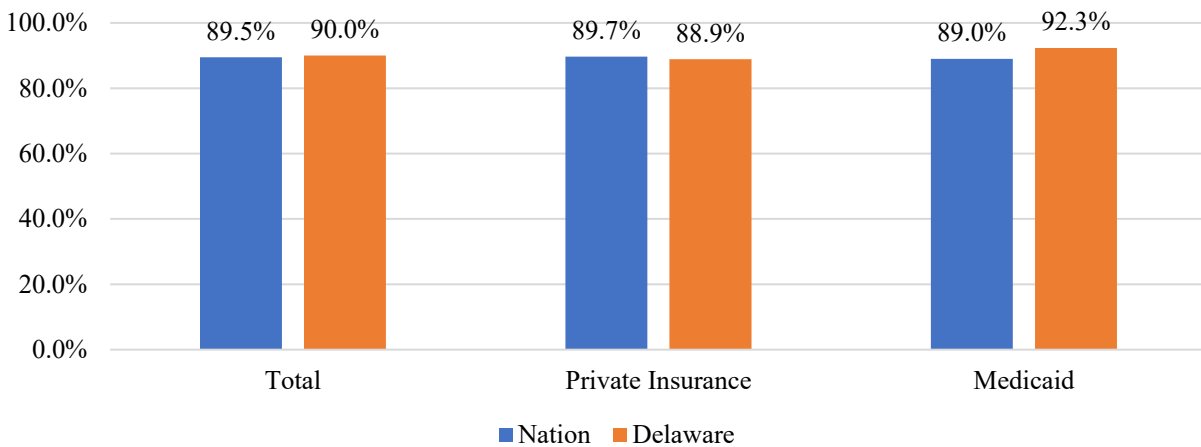
<sup>2</sup> Slomian J, Honvo G, Emonts P, Reginster JY, Bruyère O. Consequences of maternal postpartum depression: A systematic review of maternal and infant outcomes [published correction appears in *Womens Health (Lond)*. 2019 Jan-Dec;15:1745506519854864]. *Womens Health (Lond)*. 2019;15:1745506519844044

<sup>3</sup> Trost SL, Beauregard J, Njie F, et al. Pregnancy-Related Deaths: Data from Maternal Mortality Review Committees in 36 US States, 2017–2019. Atlanta, GA: Centers for Disease Control and Prevention, US Department of Health and Human Services; 2022.

**Figure 1. Estimated Percentage of Postpartum Women with a Postpartum Mental Health Screening, by Selected Race/Ethnicities, PRAMS 2021.**



**Figure 2. Estimated Percentage of Postpartum Women with a Postpartum Mental Health Screening, by Health Care Coverage, PRAMS 2021.**



**Figure 3. Estimated Percentage of Postpartum Women with a Postpartum Mental Health Screening, by Age of Mother, PRAMS 2021.**

