



# Maternal Mental Health PRAMS 2019



## Background

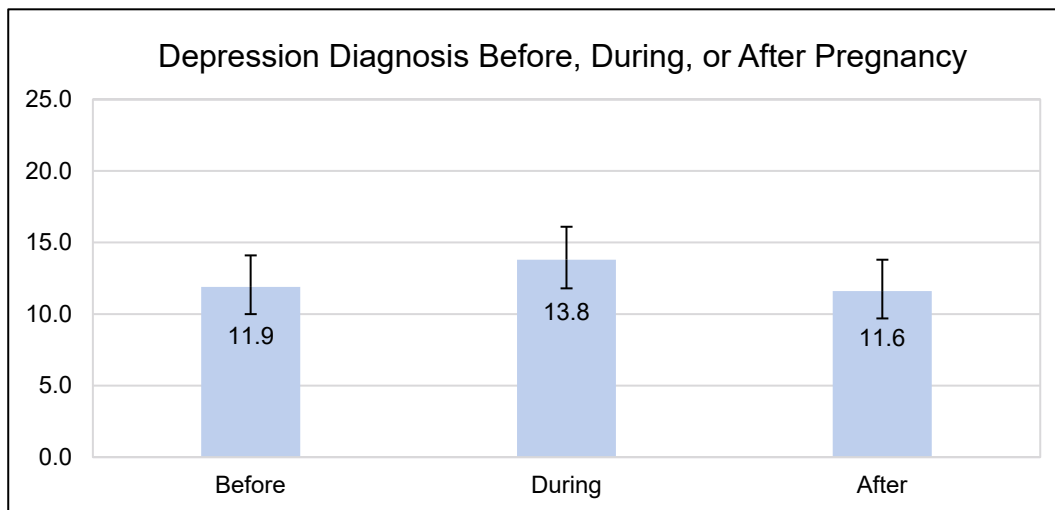
Postpartum depression is a serious, but treatable, mood disorder that occurs after having a baby. Postpartum depression goes beyond feelings of “baby blues” (the worry, sadness, and tiredness many women feel after giving birth) as the symptoms experienced may last longer and be intense. Recent mothers with postpartum depression may experience feelings of sadness, hopelessness, loss of interest or pleasure in life, anxiety, or feelings of being a “bad” mother. Postpartum depression can also manifest in changes in energy, sleep, and appetite. Infants of mothers with postpartum depression may experience adverse health outcomes, such as developmental or emotional delays.<sup>1</sup>

## Pregnancy Risk Assessment Monitoring System (PRAMS)

The Illinois Department of Public Health (IDPH) PRAMS project is an ongoing survey of women who recently delivered live born infants in Illinois. PRAMS is a grant-funded project conducted in collaboration with the Centers for Disease Control and Prevention (CDC). PRAMS collects state-level, population-based data on maternal attitudes and experiences before, during, and shortly after pregnancy.

## Depression Before, During, or After Pregnancy

In Illinois, during 2019 about 1 in 10 women report having depression before, during, or after pregnancy.



Note: Bars display percentages and 95% confidence intervals

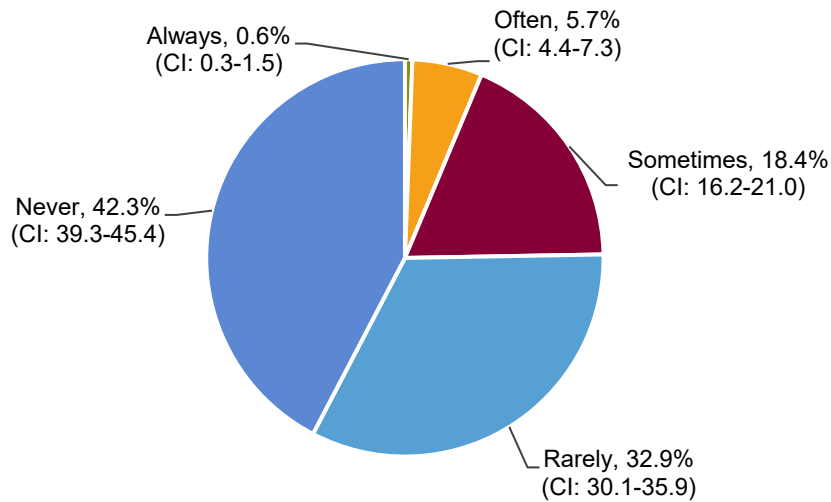
## After Pregnancy: Mothers Who Reported Depressive Symptoms

In Illinois, after pregnancy, 24.7% of women reported they always, often, or sometimes felt down, depressed, or hopeless; 23.0% of women reported experiencing a lack of interest or pleasure in doing things they usually enjoy. Please note, women reporting these experiences may or may not have received a diagnosis of depression or received treatment of any kind for these depressive symptoms.

# Maternal Mental Health – Illinois PRAMS 2019

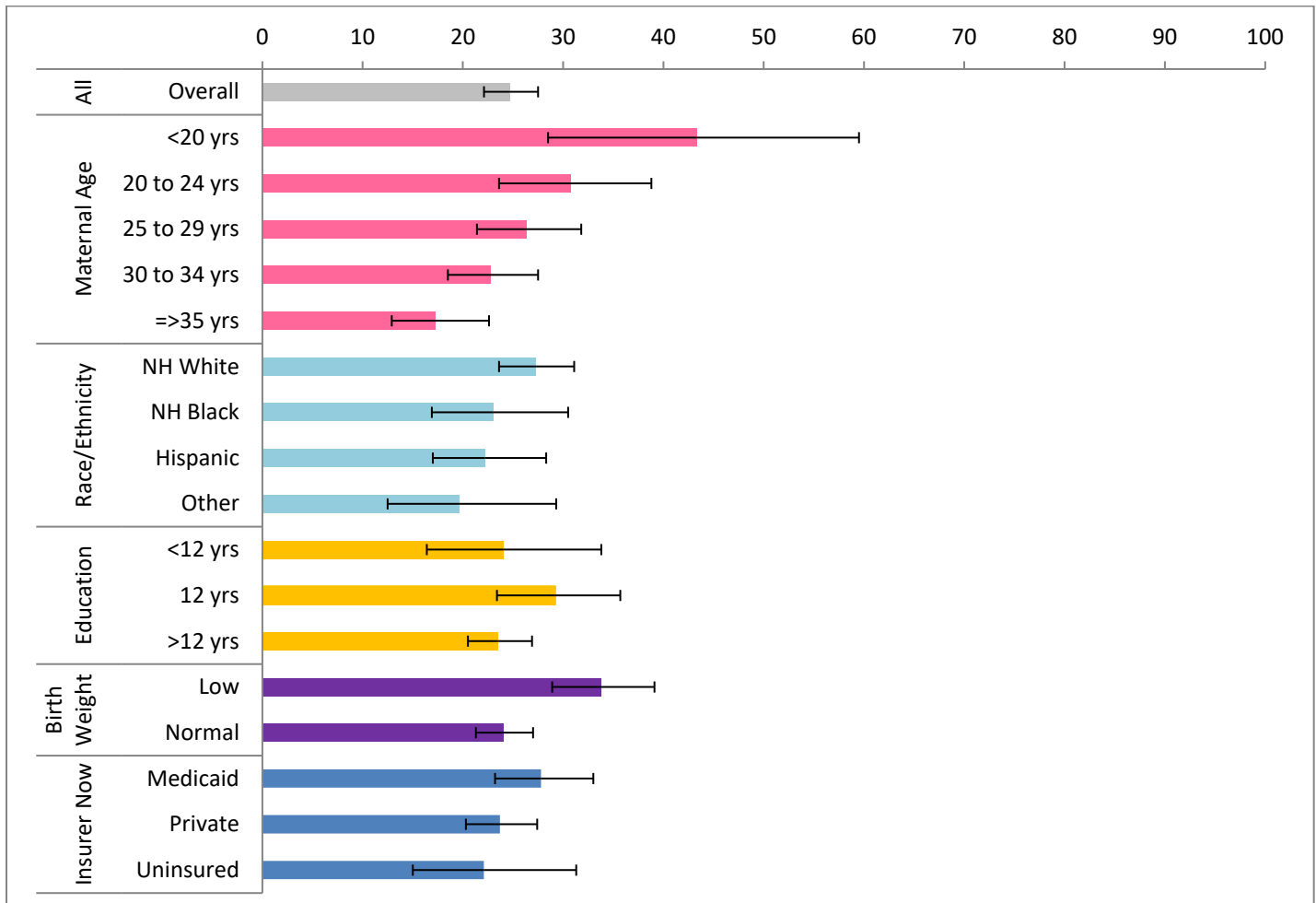
**Survey Question:** Since your new baby was born, how often have you felt down, depressed, or hopeless?

Note: CI indicates 95% confidence intervals



**Survey Question:** Since your new baby was born, how often have you felt down, depressed, or hopeless?

Responses "Always", "Often", and "Sometimes" were combined to identify self-reported depression after pregnancy.

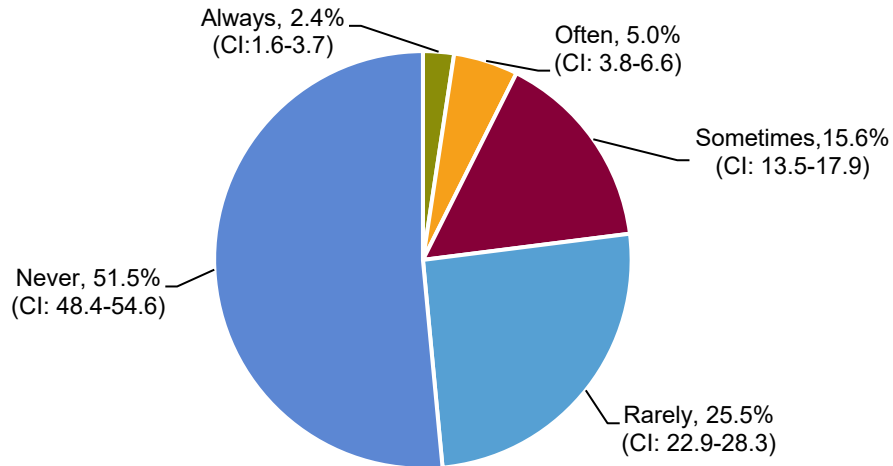


NH = Non-Hispanic

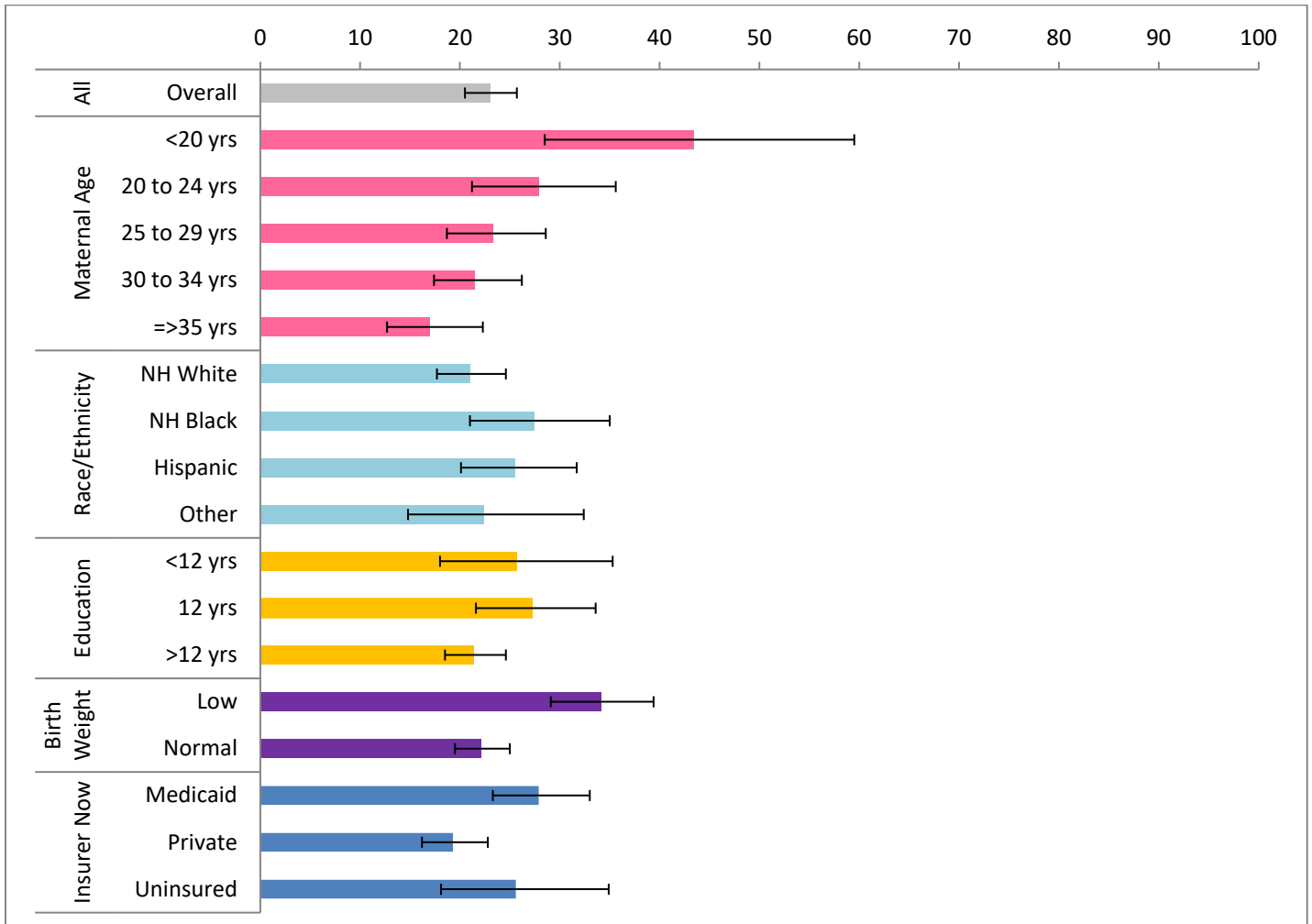
Note: Bars display 95% confidence intervals

# Maternal Mental Health – Illinois PRAMS 2019

Survey Question: Since your new baby was born, how often have you had little interest or little pleasure in doing things you usually enjoyed? Note: CI indicates 95% confidence intervals



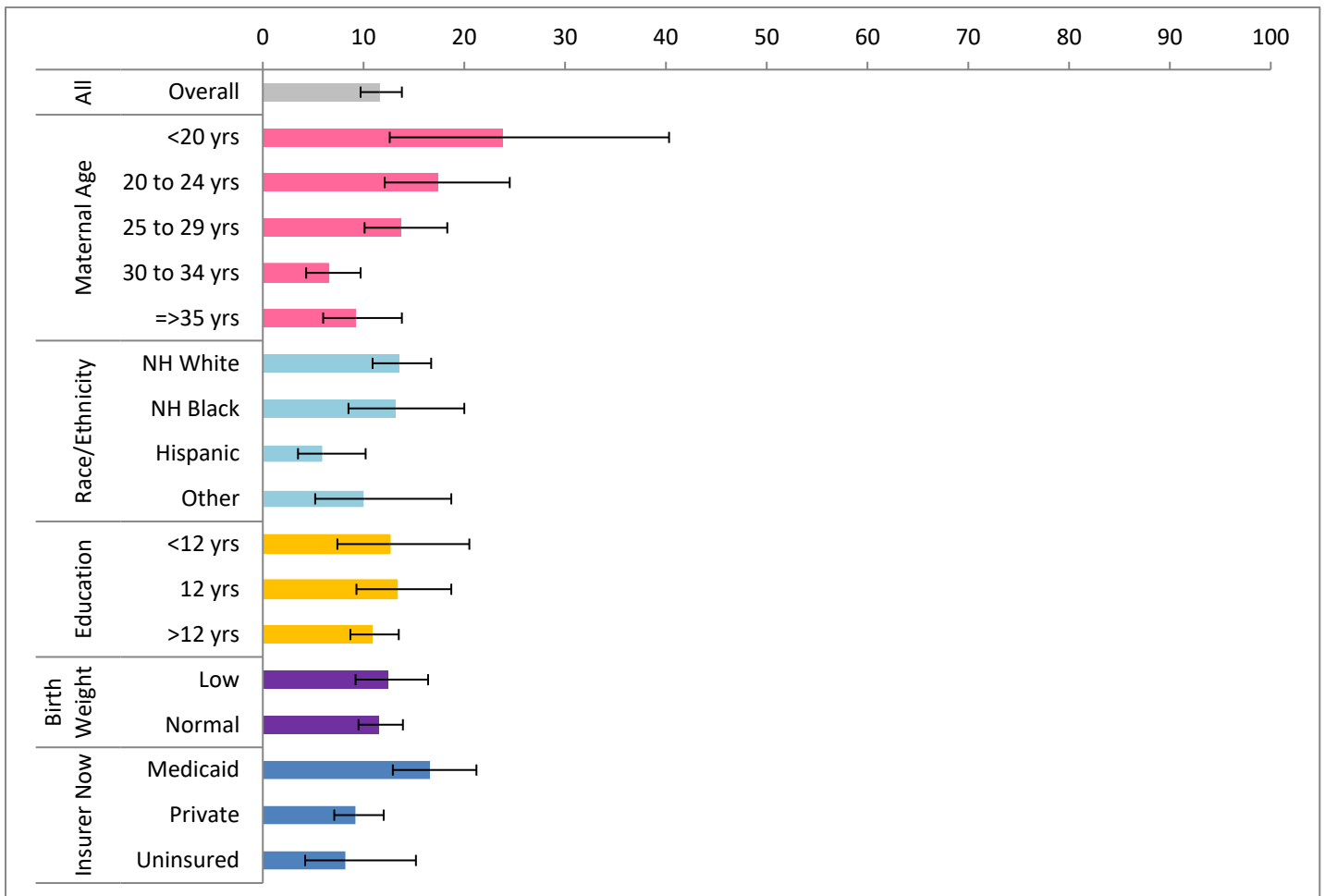
Survey Question: Since your new baby was born, how often have you had little interest or little pleasure in doing things you usually enjoyed? Responses “Always”, “Often”, and “Sometimes” were combined to identify lack of interest after pregnancy.



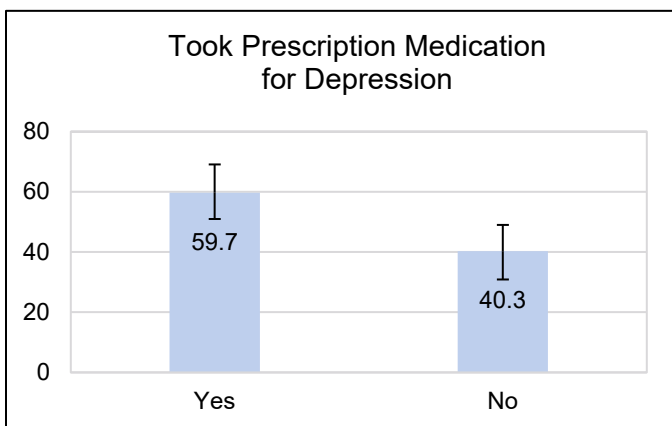
NH = Non-Hispanic  
 Note: Bars display 95% confidence intervals

## After Pregnancy: Mothers Diagnosed with Depression

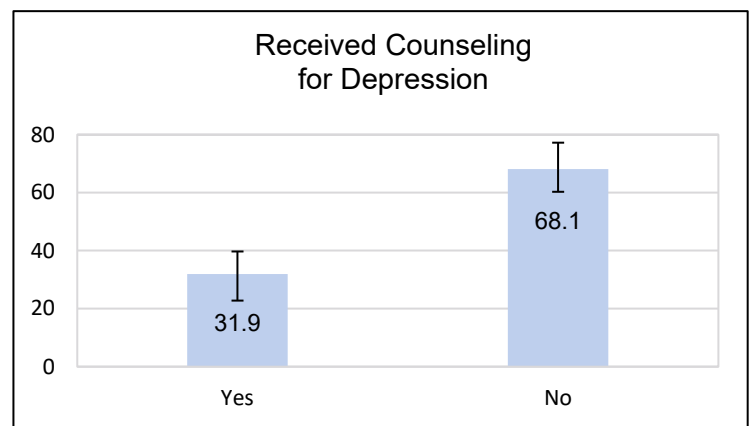
In Illinois, 11.6% of women with a recent live birth reported being diagnosed with postpartum depression by a health care professional. Of those diagnosed with depression, 59.7% took prescribed medication for their depression and 31.9% received counseling. Please note, not all women may have shared their diagnosis or there may be women who responded that they were not diagnosed and who may be experiencing symptoms.



NH = Non-Hispanic  
 Note: Bars display 95% confidence intervals



Note: Bars display percentages and 95% confidence intervals



## Summary

- Before pregnancy, 11.9% of women reported having depression.
- During pregnancy, 13.8% of women reported having depression.
- After pregnancy, 24.7% of women reported always, often, or sometimes experiencing feeling down, depressed, or hopeless.
  - Women who were 20-24 years of age, are non-Hispanic White, have 12 years of education, had babies who were born with a low birth weight, or had Medicaid coverage were more likely to report these feelings.
- After pregnancy, 23.0% of women reported always, often, or sometimes having a lack of interest or pleasure in doing things they usually enjoy.
  - Women who were 20-24 years of age, are non-Hispanic Black, have 12 years or less of education, had babies born with a low birth weight, or had Medicaid coverage were more likely to report experiencing these feelings.
- After pregnancy, 11.6% of women reported having a postpartum depression diagnosis.
  - Women who were 20-24 years of age, are non-Hispanic White or non-Hispanic Black, have 12 years or less of education, or had Medicaid coverage were more likely to be diagnosed with postpartum depression.
- More than half of the women treated their postpartum depression with medication, while about one-third received counseling for postpartum depression.

## Resources

- **Depression During and After Pregnancy:** <http://www.cdc.gov/features/maternal-depression/index.html>
- **Postpartum Depression Facts:** <https://www.nimh.nih.gov/health/publications/perinatal-depression/index.shtml>
- **IDPH PRAMS website:** <http://dph.illinois.gov/data-statistics/prams>

## Key to Interpreting Data

- **Confidence Interval (CI)** – Means one can be 95% confident that the true population rate falls within the ranges around the sample rate (e.g., 3.7% of women reported often feeling down, depressed, or hopeless but the true rate could be between 2.7% and 4.9%).<sup>2</sup>
- **Error Bar** – A visual representation of the confidence intervals on a graph.

## References

1. <https://www.psychiatry.org/patients-families/postpartum-depression/what-is-postpartum-depression>
2. [https://www.census.gov/content/dam/Census/library/publications/2018/acs/acs\\_general\\_handbook\\_2018\\_ch07.pdf](https://www.census.gov/content/dam/Census/library/publications/2018/acs/acs_general_handbook_2018_ch07.pdf)

To learn more about PRAMS methods and to see data availability by year, visit:

<http://dph.illinois.gov/data-statistics/prams>



THE BEST SOURCE OF DATA ON MOTHERS AND BABIES