

PERINATAL MENTAL HEALTH AND THE EFFECT ON THE DEVELOPING FETUS AND INFANT.

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TRUTH AND MYTH ABOUT PERINATAL MENTAL ILLNESS

Myth:

Pregnancy protects against Psychiatric Disorders.

Truth:

10-20 % of women suffer postnatal depression (WHO)

0.1% develop puerperal Psychosis

The early time after childbirth is a period of greater risk for severe mental illness than any other time in a woman's life

**PERINATAL
PSYCHIATRY**

**INFANT
PSYCHIATRY**

What makes it a speciality

- Different psychiatric diseases?
- Different risk factors?
- Different treatment?

MATERNAL MENTAL HEALTH SYMPTOMS

Common symptoms

- Mood swings (can be very rapid) , crying, low mood, anxiety
- Preoccupation with the baby
 - Irrational worries about the baby's health and wellbeing (going frequently to the Doctor)
 - Worrying about causing harm to the baby (not knowing what to do- or even harming the baby)

Important to distinguish between **BABY BLUES** and DEPRESSION (up to 70% of mothers have rapid mood swings for 10-14 days after birth)

**PUERPERAL
MENTAL
ILLNESS**

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DEPRESSION

ANXIETY

OBSCESSIVE COMPULSIVE DIS

BIPOLAR I AND II

ADDICTION

SCHIZOPRENIA

FOETAL ALCOHOL
SYNDROME



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MATERNAL
DEATHS:
MBRRACE-UK

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Maternal, Newborn and Infant Clinical Outcome
Review Programme

Saving Lives, Improving Mothers' Care

Core report: Lessons learned to inform maternity
care from the UK and Ireland Confidential Enquiries
into Maternal Deaths and Morbidity 2018-20

PREGNANCY IS AN IMPORTANT DEVELOPMENTAL PERIOD

**Effects of perinatal mental disorders
on the fetus and child** Alan Stein*, Rebecca
M Pearson*, Sherryl H Goodman, Elizabeth
Rapa, Atif Rahman, Meaghan McCallum, Louise
M Howard, Carmine M Pariente
Lancet 2014; 384: 1800–19

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EFFECT OF STRESS DURING PREGNANCY

-----STRESS-----

| methylation og DNA |

| |

Hormones

Inflammation

HPA axis

Immune system

Cortisol

Cytokines

| |

| _____ RISK _____ |

lightweight / premature

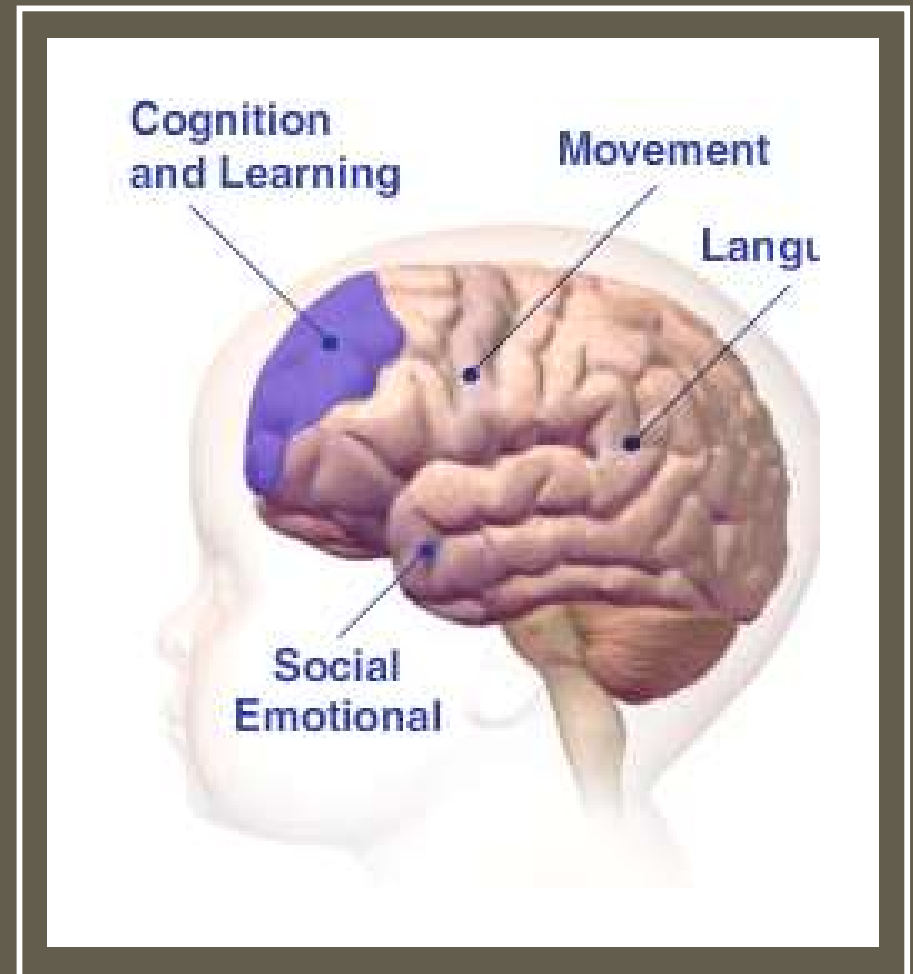
regulations problems

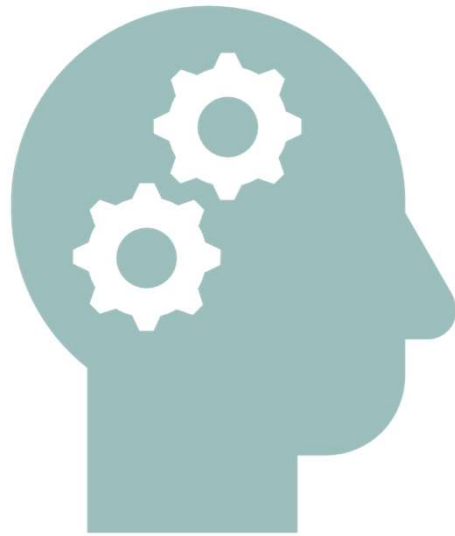
mental health problems

ATTACHMENT AFFECTS NEURODEVELOPMENT

Pregnancy and the first years lay the foundation for the infant's neurodevelopment and future health

Healthy neural connections are based on healthy human connection



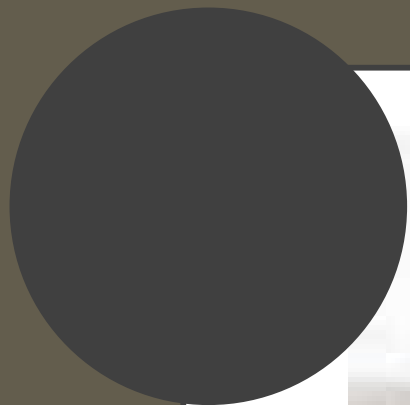


CORE CAPABILITIES

Executive functioning

Self regulation

<https://developingchild.harvard.edu/>



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NEURODEVELOPMENT

[HTTPS://DEVELOPINGCHILD.HARVARD.EDU/](https://developingchild.harvard.edu/)

<https://developingchild.harvard.edu/science/key-concepts/brain-architecture/>

<https://developingchild.harvard.edu/science/key-concepts/serve-and-return/>



[HTTP://WWW.ACESTUDY.OR](http://www.cestudy.or)
KAISER PERMANENTE MEDICAL GROUP
CENTERS FOR DISEASE CONTROL AND PREVENTION
(CDC)

ADVERSE CHILDHOOD EXPERIENCES (ACE)

- 17000 participants
- Main researchers:
 - Vincent J. Felitti, MD
 - Robert F. Anda, MD, MS.



[5-Minute ACES Primer Video-KPJR Films/Resilience](#)

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ACE STUDY

[HTTPS://WWW.CDC.GOV/VIOLENC
EPREVENTION/ACES/ABOUT.HTML](https://www.cdc.gov/violenceprevention/aces/about.html)

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Emotional abuse

Physical abuse

Sexual abuse

Emotional neglect

Physical neglect

Mother treated violently

Substance abuse in the household

Mental illness in the household

Parental separation or divorce

Incarcerated household member

**TRANS-
GENERATIONAL
EFFECT OF
TRAUMA**

Anna María Jónsdóttir

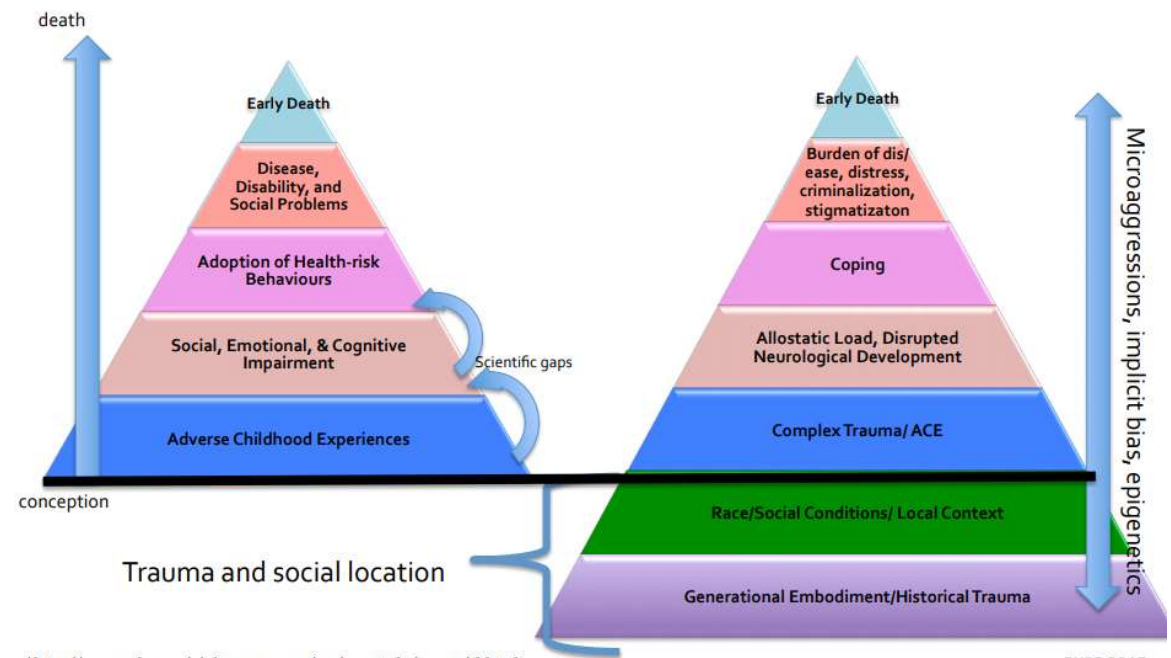
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Trauma and Social Location



Adverse Childhood Experiences*

Historical Trauma/Embodiment



*<http://www.cdc.gov/violenceprevention/acestudy/pyramid.html>

RYSE 2015

TOXIC STRESS- DERAILS DEVELOPMENT

[Toxic Stress Derails Healthy
Development \(harvard.edu\)](http://harvard.edu)



INFANT MENTAL HEALTH

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ORGANIZATION 2018

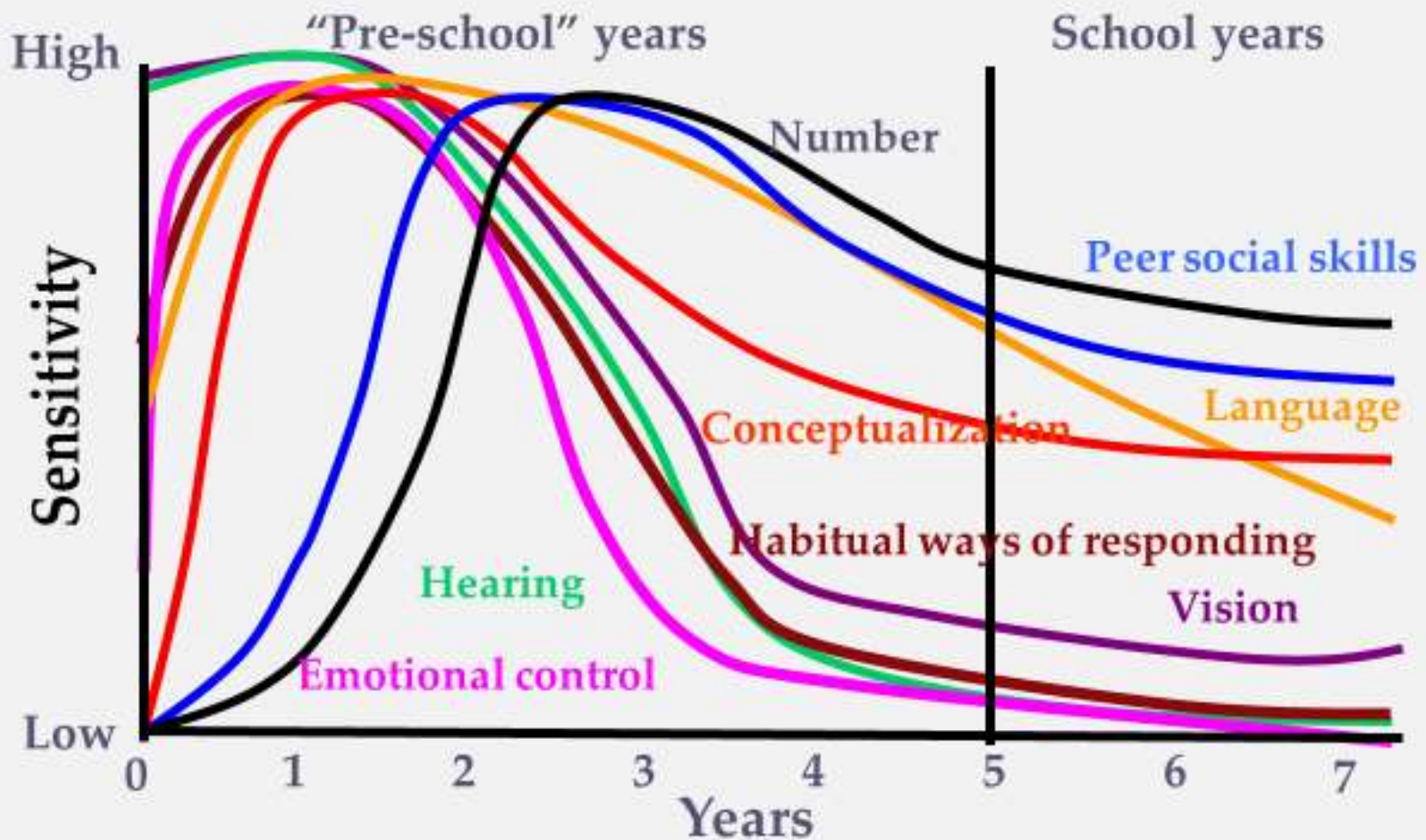
NURTURING CARE FOR EARLY CHILDHOOD DEVELOPMENT: FRAMEWORK FOR HELPING CHILDREN SURVIVE AND THRIVE TO TRANSFORM HEALTH AND HUMAN POTENTIAL

“The period from pregnancy to age 3 is when children are most susceptible to environmental influences. That period lays the foundation for health, well-being, learning and productivity throughout a person’s whole life, and has an impact on the health and well-being of the next generation.”

“This Framework focuses on the period from pregnancy to age 3 because it is scientifically proven that this is a very sensitive period for brain development”

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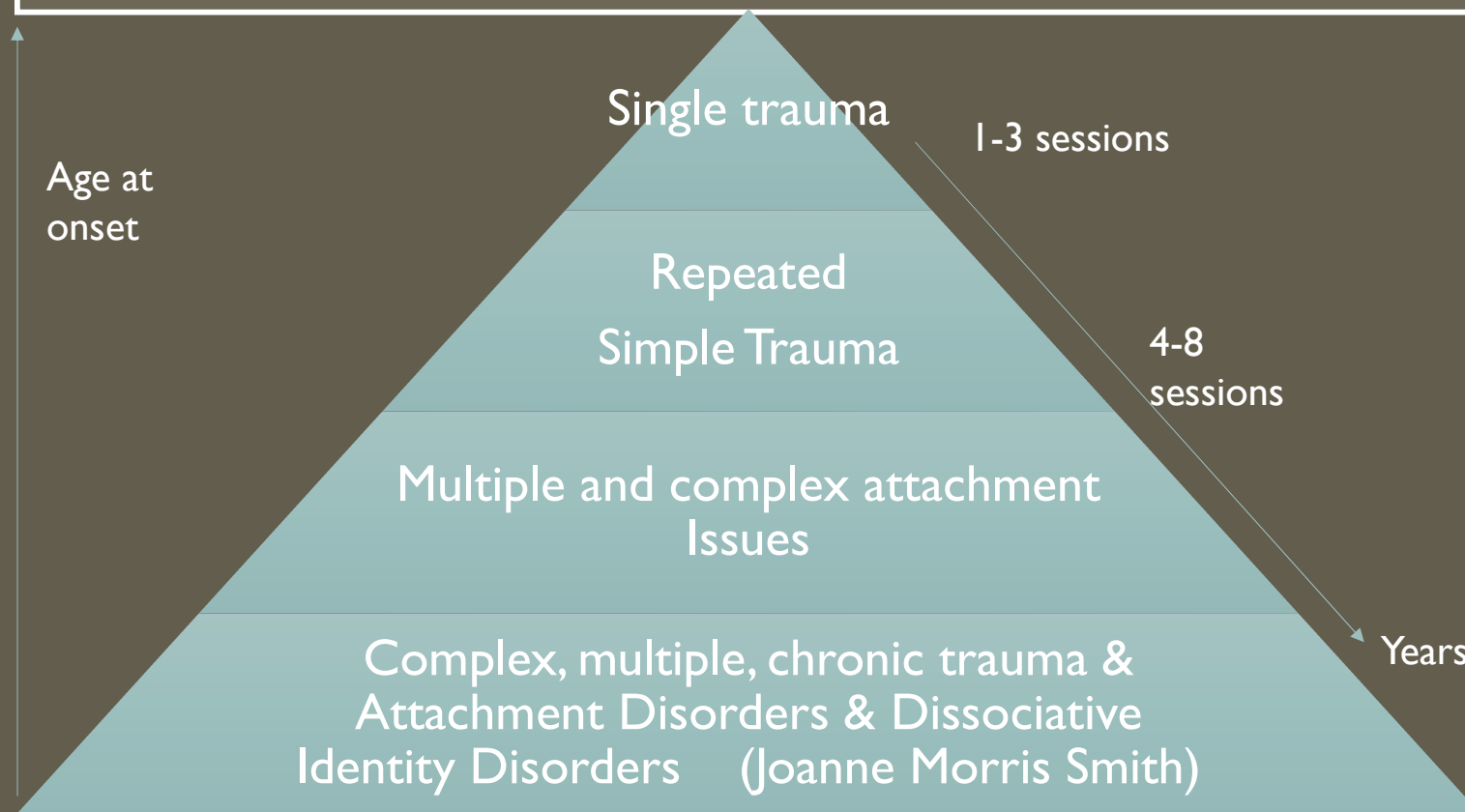


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Graph developed by Council for Early Child Development (ref: Nash, 1997; Early Years Study, 1999; Shonkoff, 2000)

TREATMENT DURATION AND TYPE OF TRAUMA



**LSE
REPORT
2014**

**Known costs of perinatal
mental health problems per year's
births in the UK, total: £8.1 billion**

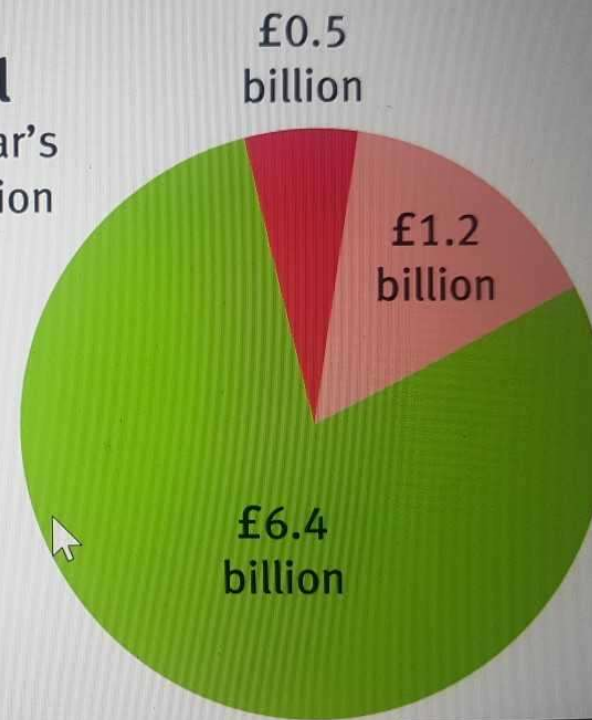
health and social care



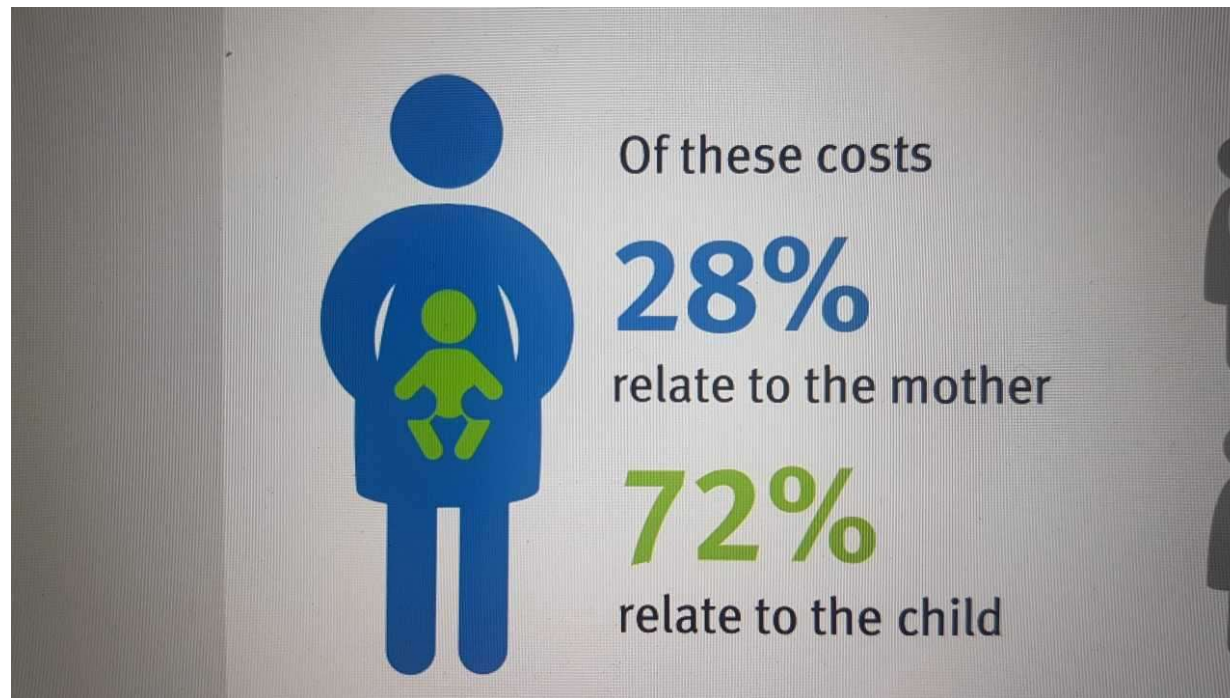
other public sector



wider society



THE
DISTRIBUTION
OF COST
.....WHICH
CAN BE
PREVENTED BY
INVESTING 280
MILLION
POUNDS
(RETURN 1:30)



SCREENING AND INTERVENING

It is important to



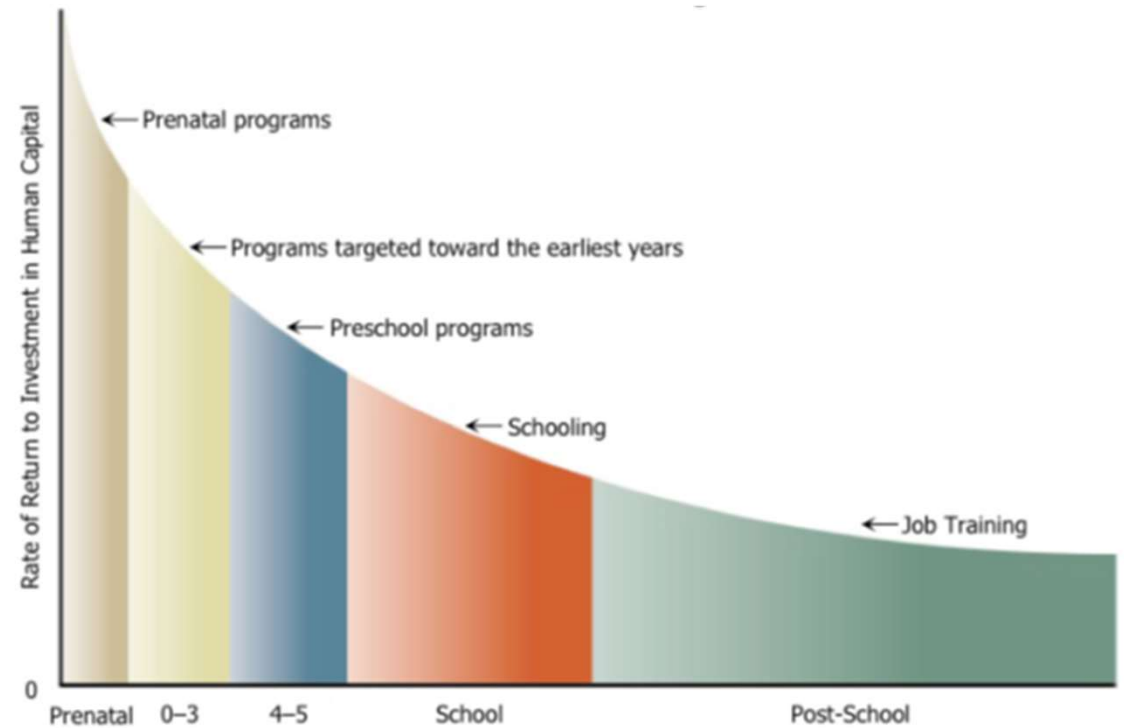
screen for perinatal
mental illness in parents
and relationship difficulties
with the baby

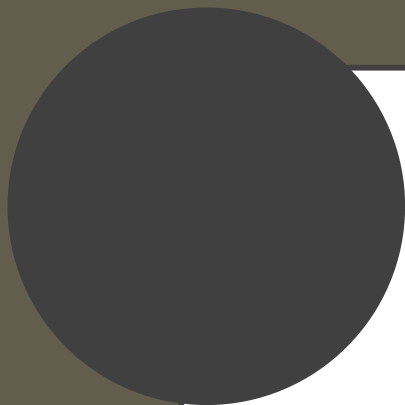


Intervene early with
appropriate approach

- 1. Medical treatment for parental mental illness
- 2. Relationship based family interventions

THE HECKMAN EQUATION





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