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Parental Mental Health

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THE
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The Impact

- Maternal Depression in the perinatal period is predictive of
 - Child internalizing problems in adolescence ¹
 - Children’s behavioral problems in childhood and adolescence ²
 - Disruptive Mood Dysregulation Disorder³
 - Childhood Obesity⁴
 - Short Stature⁵
 - Compromised Social Emotional health at age 2⁶
 - Lowered IQ⁷ (As well as underachievement in math)
 - Altered Gray Matter in the Brain⁸
 - Lifetime Cost: £75,728⁹ \$100,461.00- 2016

The Impact

- Paternal Depression in the perinatal period is predictive of
 - Increased developmental problems
 - Increased behavioral problems
 - Infants and increased crying
 - Toddlers and increased oppositionality
 - School-aged children and increase in psychiatric disorders¹⁰

The Prevalence

Women:

Depression 9 to 15% of women develop depressive episode in perinatal period (between 24-47% lower socioeconomic groups)

Anxiety 6-8%

OCD 4%¹¹

Men:

Depression 14.1–25.5% in the US vs. 8.2–13.2% internationally¹⁰

Screening

Why do we screen?

About 50% of post-partum depression goes unrecognized.¹¹

Where should we screen?

Pediatric offices (many visits in first year) vs. Obstetrics Office (one visit)

90% of women screened in Peds reported feeling comfortable answering the questions

How do we screen?

Edinburgh Postnatal Depression Scale; PHQ

What do we do with the results?

Make a list of referral options. Warm handoffs.

Office point person Social work? Designated RN?

Don't Ever Stop

Parental Depression affects kids of all ages

- Preschool kids may be most affected
- Mental illness in parents can inhibit effective treatment of mental illness in kids
- Parents seeking help can improve children's health without any direct treatment of the kids

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