

Trends in Perinatal Mental Health over 10 Years at a Tertiary Institution

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Introduction

- It is important to understand the trends in perinatal mental health for individual clinicians but also service providers
- Perinatal mental health (PMH) affects around 1 in 7 women in the peripartum period with significant maternal and neonatal effects
- Over the past decade there has been increased resources to screen for and manage PMH conditions

Aims

- Retrospective study to review the rates of anxiety and depression among women at booking within a tertiary facility

Results/ Discussion

- There has been a notable increasing in anxiety (7.4% to 18.4%, $p < 0.001$), depression (13.6 to 16.3%, $p < 0.001$) and anxiety and/or depression (16.5% to 22.6%, $p < 0.001$) over the last decade
- This increase in incidence of PMH highlights the increased importance of PMH that has occurred during the past decade as well as a significant changes to service provision including referrals and screening

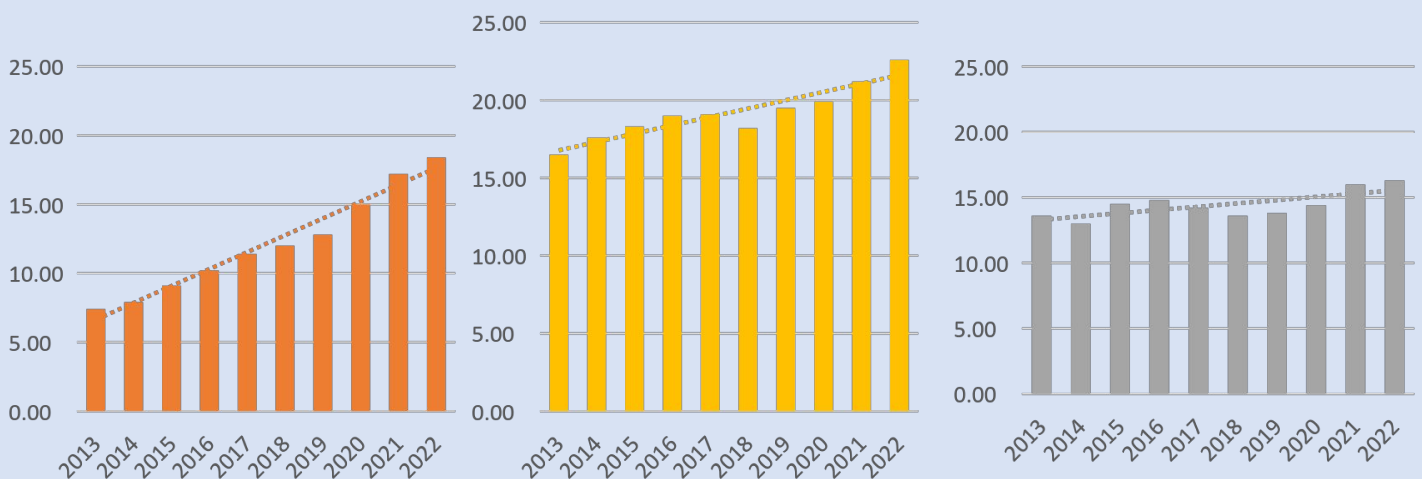


Figure 1: Rates of depression, anxiety and those with both depression and anxiety (%) at first antenatal booking visit 2013 to 2022