

MATERNAL MENTAL HEALTH: WHAT FAMILIES NEED TO KNOW

ANXIETY: PART 1

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ANXIETY

- ▶ General vs. perinatal
- ▶ American College of Obstetrics & Gynecology recommends at least 1 anxiety screening prenatally
- ▶ 20% of Perinatal Mood & Anxiety Disorders are anxiety
- ▶ 60% of moms with depression also have anxiety

ANXIETY

- ▶ Diagnoses that fall into this category
 - ▶ Anxiety Disorders
 - ▶ Post Traumatic Stress Disorder
 - ▶ Obsessive Compulsive Disorder

ANXIETY: GENERALIZED ANXIETY DISORDER

- ▶ Excessive/difficult to control worry most days for at least 6 months
- ▶ At least 3:
 - ▶ restless
 - ▶ easily fatigued
 - ▶ muscle tension
 - ▶ difficulty concentrating/blank mind
 - ▶ irritable
 - ▶ sleep disturbances

OCD: OBSESSIVE COMPULSIVE DISORDER

- ▶ Often used as slang or incorrectly
- ▶ Overestimation of risk & need for control
- ▶ Obsessions and compulsions
- ▶ Onset:
 - ▶ 40% during pregnancy
 - ▶ 30% postpartum

OCD: OBSESSIONS (THOUGHT)

- ▶ Recurrent/persistent thoughts, urges, impulses
- ▶ Intrusive and unwanted
- ▶ Intense anxiety or distress
- ▶ Use of action to ignore thought

OCD: COMPULSIONS (ACTION)

- ▶ Repetitive behaviors
- ▶ Mental acts
- ▶ Not realistic in relation to the fear
- ▶ Time consuming or significant stress
- ▶ Aimed at preventing/reducing distress or preventing a dreaded outcome



▶ **Resources for help**

- ▶ postpartum.net
- ▶ womensmentalhealth.org
- ▶ mmhla.org
- ▶ I-800-PPD-MOMS
- ▶ I-833-9-HELP4MOMS
- ▶ 9-8-8
- ▶ [“MyBlue” Pregnancy portal page](#)
- ▶ [“MyBlue” Mental & Behavioral Health](#)
- ▶ Programs Enhancing Member Health & Wellbeing

