

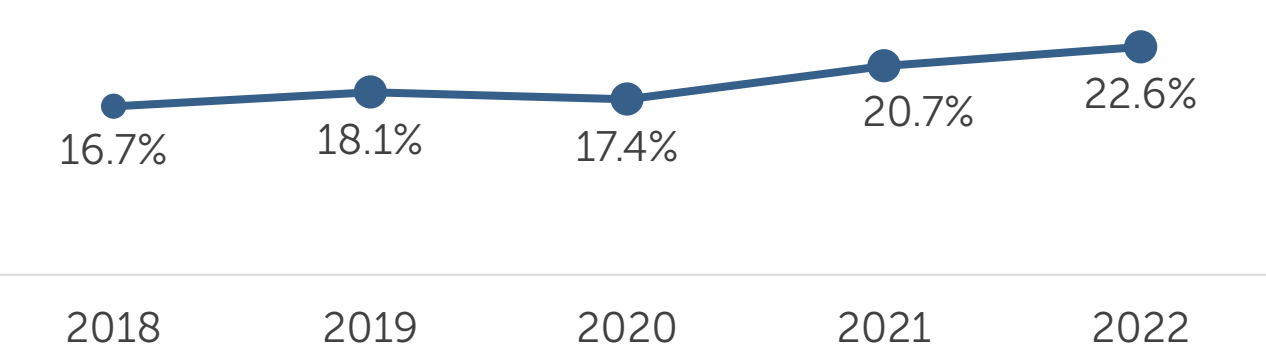
Depression in Pregnancy

SD PRAMS, 2022

Depression during pregnancy is common, affecting nearly 1 in 10 women. Symptoms include feelings of sadness, loss of interest in activities, difficulty making decisions, and having trouble sleeping.<sup>a</sup>

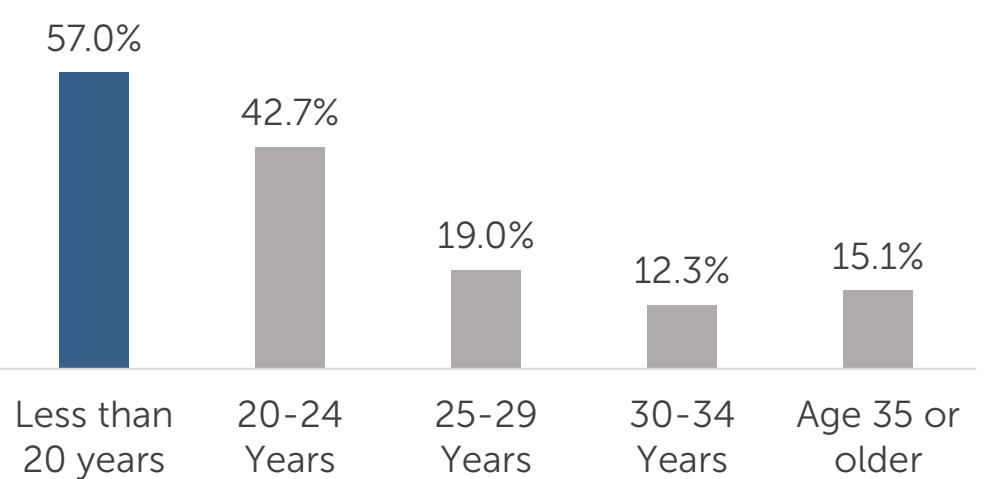
The PRAMS survey asks about depression in the three months before pregnancy and during pregnancy.

In the last five years, the percentage of mothers who experience depression during pregnancy **has increased** (p<0.05).



Depression before pregnancy

Mothers less than 20 years old were significantly more likely to have depression in the three months before pregnancy (p<0.001).

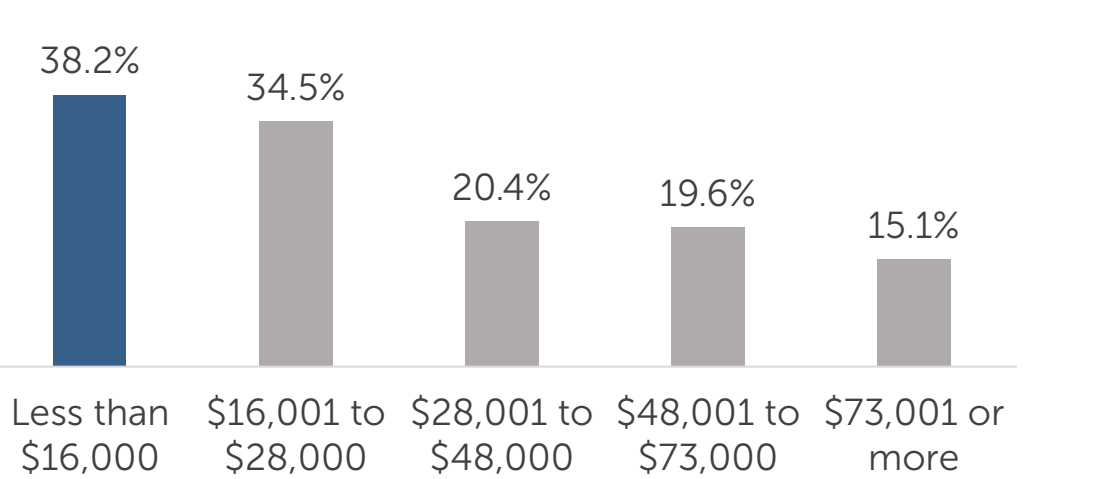


Mothers with depression in the three months before pregnancy were more likely to report:

- Race as American Indian
- High school or less education level
- Not married
- Lower household income
- Smoking the 3 months before pregnancy
- Illicit drug use in the 3 months before pregnancy
- Maternal obesity before pregnancy
- Emotional abuse during pregnancy
- High blood pressure during pregnancy
- Baby having low birth weight (<2500)
- Having a preterm birth
- NICU Admission
- Baby did not sleep alone in the room with mother
- Having an ACE (adverse childhood experiences) score of 4 or higher

Depression during pregnancy

Mothers with a household income of less than \$16,000 were more likely to report having depression during pregnancy (p<0.0001).



Mothers with depression during pregnancy were more likely to report:

- Race as American Indian
- Younger age (less than 24 years)
- High school or less education level
- Not married
- Smoking the 3 months before pregnancy
- Illicit drug use in the 3 months before pregnancy
- Maternal obesity before pregnancy
- Teeth not cleaned during pregnancy
- Emotional abuse during pregnancy
- Gestational diabetes
- High blood pressure during pregnancy
- Baby having low birth weight (<2500)
- Baby did not sleep alone in the room with mother
- Having an ACE (adverse childhood experiences) score of 4 or higher

a. The American College of Obstetricians and Gynecologists. (2025). Depression During Pregnancy. Retrieved from <https://www.acog.org/womens-health/faqs/depression-during-pregnancy>