



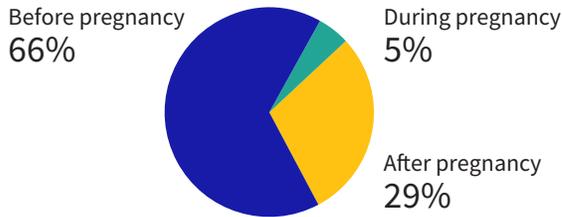
# Postpartum Mental Health Indicators

## UTAH FACT SHEET

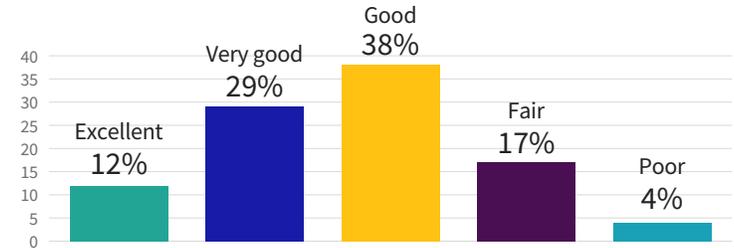
Results shown are self-reported by 920 Utah respondents to the 2020 Postpartum Assessment of Health Survey (PAHS) at 12-14 months after giving birth. Data was collected from January 2020 to March 2021. Results are weighted to be representative of all postpartum people who had a live birth in Utah in 2020

### Postpartum Diagnoses and Self-Reported Mental Health

#### Received Diagnosis of Depression, Anxiety or other Mood Disorder

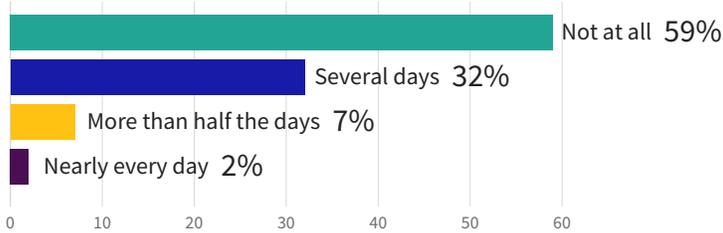


#### Self-Reported Mental Health at One Year Postpartum

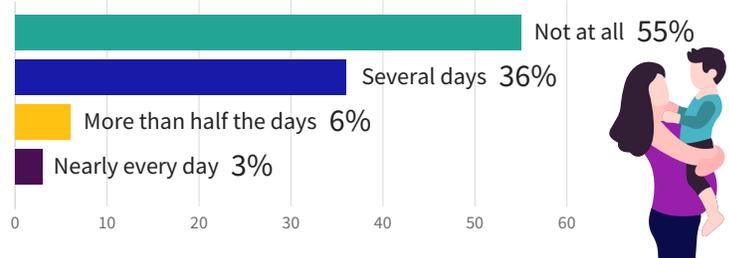


### Depression Symptoms at One Year Postpartum

Over the past 2 weeks, how often have you been bothered by having little interest or pleasure in doing things?

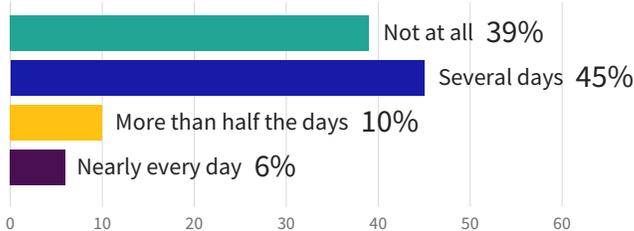


Over the past 2 weeks, how often have you been bothered by feel down, depressed or hopeless?

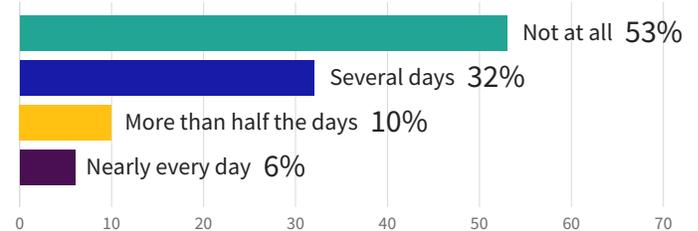


### Anxiety Symptoms at One Year Postpartum

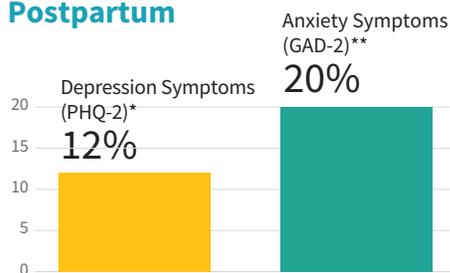
Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious, or on edge?



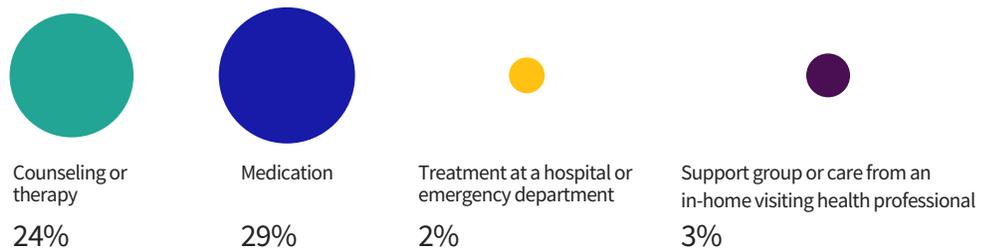
Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?



### Mental Health at One Year Postpartum



### Types of Mental Health Treatment Received Since Childbirth



\*Depression defined as a score of 3 or greater (major depressive disorder likely) on the PHQ-2. \*\*Anxiety defined as a score of 3 or greater (generalized anxiety disorder likely) on the GAD-2. The 2020 PAHS was undertaken by the Columbia World Project, Leveraging policy to improve maternal health in the fourth trimester, Columbia University in the City of New York. More information about PAHS is available at <https://worldprojects.columbia.edu/postpartum-assessment-health-survey-pahs>