



# Maternal Mental Health

Utah — PRAMS, 2016

## Background

Depression is a serious mood disorder that may last for weeks or months at a time. Postpartum depression is depression that occurs after having a baby. Feelings of postpartum depression are more intense and last longer than those of “baby blues,” a term used to describe the worry, sadness, and tiredness many women experience after having a baby.<sup>1</sup>

## Pregnancy Risk Assessment Monitoring System (PRAMS)

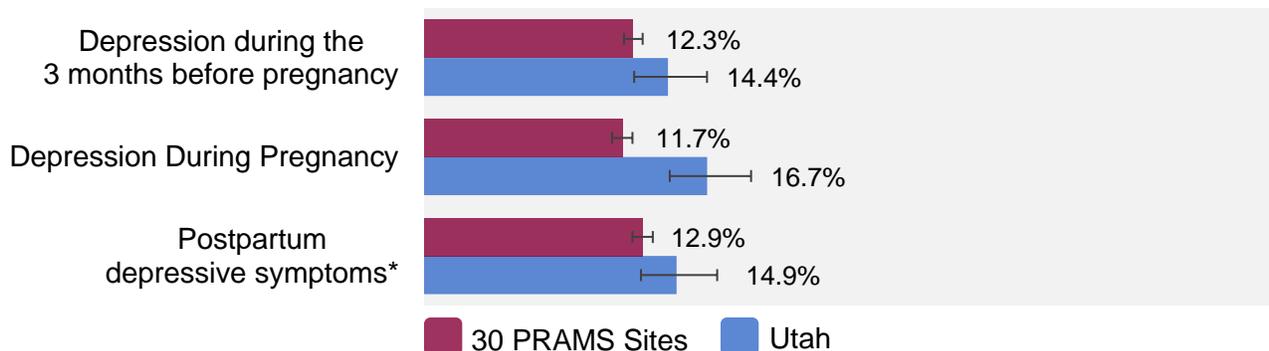
PRAMS collects site-specific, population-based data on maternal attitudes and experiences before, during, and shortly after delivery. PRAMS surveys are typically completed 3 to 6 months after delivery. PRAMS sites that met or exceeded the response rate threshold for 2016 (55%) are included in overall estimates. Results presented in this report include responses to “Core” questions (asked by all PRAMS sites).

## Maternal Mental Health National Goal

**Healthy People  
2020 Objective<sup>2</sup>**

MICH-34 – (Developmental) Decrease the proportion of women delivering a live birth who experience postpartum depressive symptoms

## Maternal Depression Before, During, and After Pregnancy



\*Defined as “always” or “often” feeling down, depressed, or hopeless or having little interest or little pleasure in doing things she usually enjoyed since delivery

Note: Bars display 95% Confidence Intervals

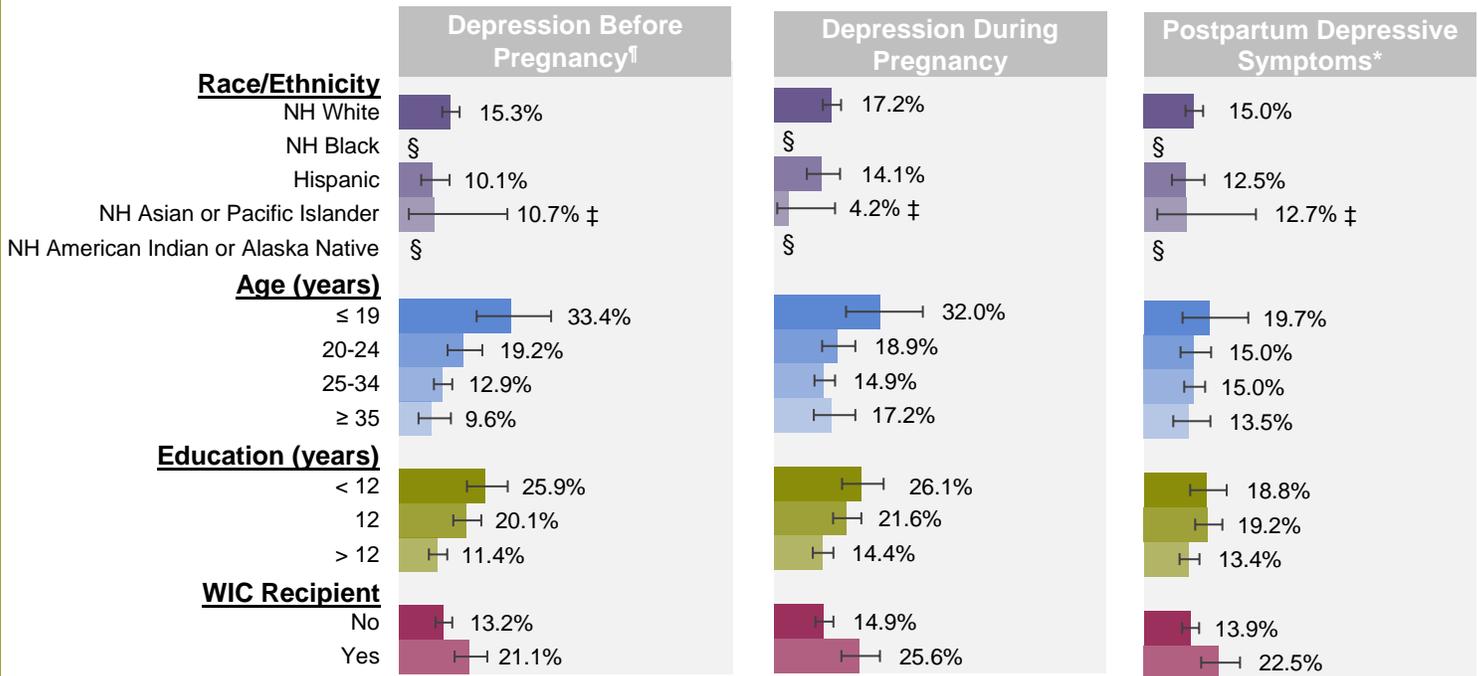
## Screening for Depression Among Women Who Had Health Care Visits

PRAMS Indicator	Utah 2016 % (95% Confidence Interval)	30 PRAMS Sites 2016 % (95% Confidence Interval) <sup>†</sup>
Asked by a health care worker in the 12 months before pregnancy if feeling down or depressed	36.7 (33.0 – 40.5)	47.1 (46.1 – 48.1)
Asked by a health care worker during a prenatal care visit if feeling down or depressed	60.3 (57.1 – 63.5)	74.3 (73.5 – 75.1)
Asked by a healthcare worker during the postpartum checkup if feeling down or depressed	79.1 (76.1 – 81.8)	82.4 (81.6 – 83.0)

<sup>†</sup> Weighted Percentage (95% Confidence Interval)

# Utah PRAMS: Maternal Mental Health

## Women who reported depression before<sup>¶</sup> or during pregnancy, or postpartum depressive symptoms\*, by maternal characteristics — Utah, 2016



Abbreviations: NH=Non-Hispanic, WIC = Special Supplemental Nutrition Program for Women, Infants, and Children

\*Defined as “always” or “often” feeling down, depressed, or hopeless or having little interest or little pleasure in doing things she usually enjoyed since delivery

¶ 3 months before pregnancy

§ < 30 respondents; not reported

‡ < 60 respondents; may not be reliable

Note: Bars display 95% Confidence Intervals

## Summary

Based on results from the estimates for 30 PRAMS sites:

- About one in eight PRAMS respondents reported depression before pregnancy (12.3%), during pregnancy (11.7%), and or postpartum depressive symptoms (12.9%).
- Overall, nearly half of women were screened for depression before pregnancy (47.1%), about three quarters were screened for depression during pregnancy (74.3%), and most were screened for depression after pregnancy (82.4%).

## Resources

**Depression During and After Pregnancy:** <https://www.cdc.gov/features/maternal-depression/index.html>

**Postpartum Depression Facts:** <https://www.nimh.nih.gov/health/publications/postpartum-depression-facts/index.shtml>

### References:

1. Depression During and After Pregnancy: <https://www.cdc.gov/features/maternal-depression/index.html>
2. Healthy People 2020 Objectives: <https://www.healthypeople.gov/2020/topics-objectives/topic/maternal-infant-and-child-health/objectives>

To learn more about PRAMS methods and to see data availability by state and year visit: <https://www.cdc.gov/prams>



THE BEST SOURCE OF DATA ON MOTHERS AND BABIES