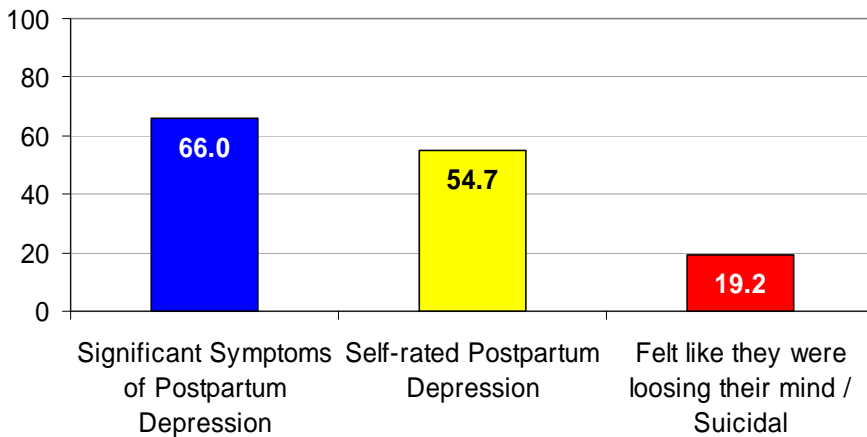


## Postpartum Depression Idaho Pregnancy Risk Assessment Tracking System 2005

Depression is the leading cause of disease-related disability among women. In particular, women of childbearing age are at high risk for major depression. Pregnancy and new motherhood may increase the risk of depressive episodes. Depression during the perinatal period can have devastating consequences, not only for the women experiencing it but also for the women's children and family.<sup>1</sup>

**Postpartum Depression  
PRATS 2005**



More than half (54.7 percent) of Idaho resident adult mothers who delivered a baby in Idaho during 2005 indicated that they were at least a little depressed.

Approximately two thirds (66.0 percent) of the women surveyed suffered significant symptoms of depression.

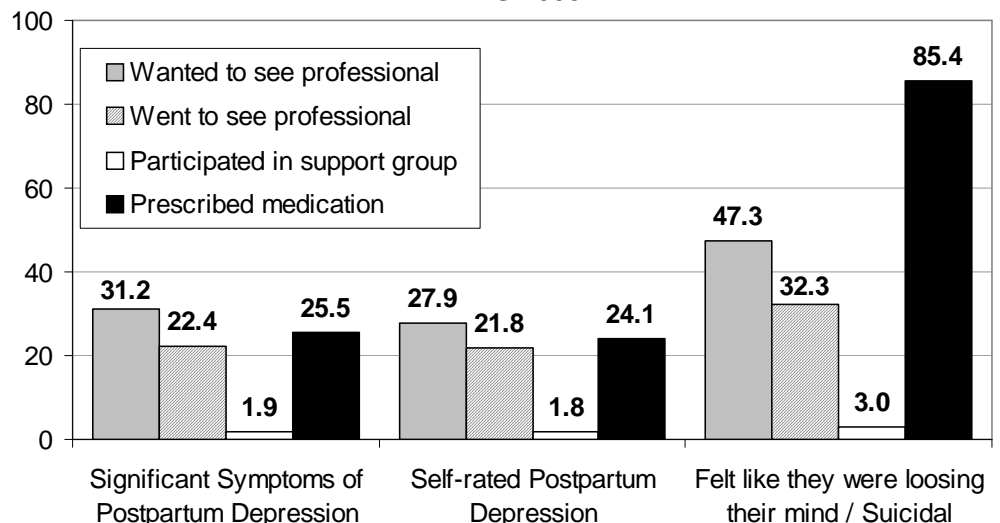
Nearly one out of five women surveyed checked that they “agree” or “strongly agree” to the statement “I felt like I was losing my mind” or “I have thought that death seemed like the only way out of this living nightmare”.

Of the women who suffered significant symptoms of postpartum depression, less than one third (31.2 percent) wanted to see a professional for their depression and only one out of five (22.4 percent) did seek professional help for their depression.

Of the women who rated themselves as “at least a little depressed”, less than one third (27.9 percent) of them indicated that they wanted to see a professional about their depression and even fewer (21.8 percent) did seek professional treatment for their depression.

Less than two percent of women in each of the postpartum depression groups indicated that they had participated in a support group for their depression. The women who felt like they were losing their mind or had suicidal thoughts were the most likely to seek treatment for postpartum depression.

**Treatment for Postpartum Depression  
PRATS 2005**

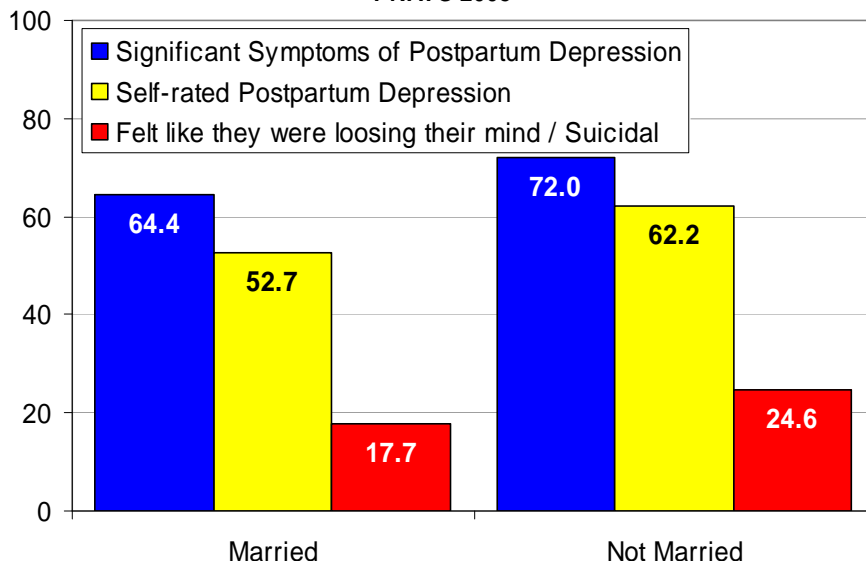


Unmarried women were significantly more likely to suffer from postpartum depression, rate themselves as “at least a little depressed”, and to feel like they were losing their mind or have suicidal thoughts, when compared with married women.

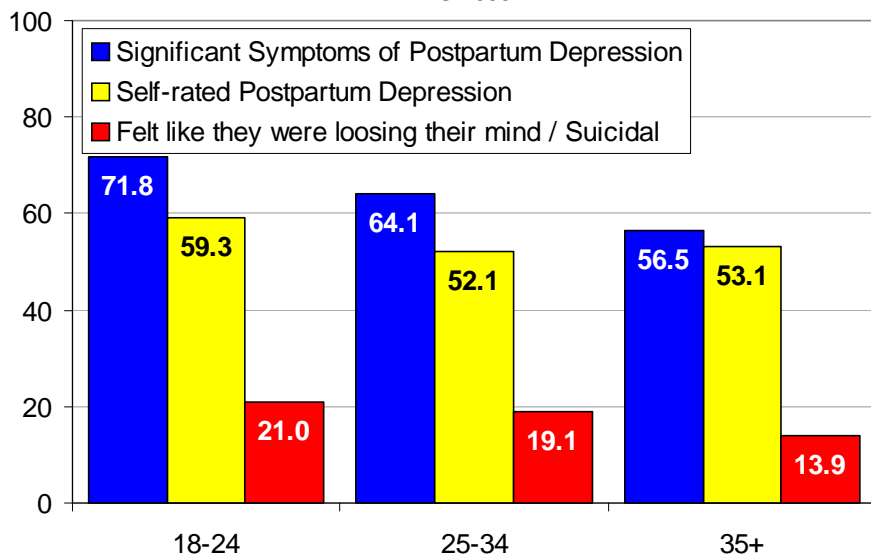
Women who were not married were 11.8 percent more likely to suffer significant symptoms of postpartum depression (72.0 percent) than married women (64.4 percent).

Approximately 3 out of five (62.2 percent) unmarried women rated themselves as “at least a little depressed”, and nearly one quarter (24.6 percent) of them indicated that they had suicidal thoughts or felt like they were losing their mind.

**Postpartum Depression by Marital Status  
PRATS 2005**



**Postpartum Depression by Age  
PRATS 2005**



The percent of women who suffered significant symptoms of postpartum depression decreased as maternal age increased.

Women aged 18-24, at the time of the birth, were significantly more likely to suffer from postpartum depression (71.8 percent), rate themselves as “at least a little depressed” (64.1 percent), and to have had suicidal thoughts or felt like they were losing their mind (56.5 percent), when compared with women aged 25+.

While ethnicity made no difference in the percent of women who rated themselves as “at least a little depressed”, Hispanic women were 7.3 percent more likely to suffer significant symptoms of depression (70.4 percent) than Non-Hispanic women (65.6 percent). The difference was significant at the 95 percent confidence level.

Though the difference was not statistically significant, Hispanic women were slightly less likely to indicate that they had suicidal thoughts or felt like they were losing their mind (18.5 percent), when compared with Non-Hispanic women (19.4 percent).

**Postpartum Depression by Ethnicity  
PRATS 2005**

