Quality of Life

Maternal depression

Maternal depression (during and/or after pregnancy) adversely affects infants, children, and families. Untreated maternal depression can impact a mother’s ability to care for herself, relate to others, bond with her infant, and parent her older children. Children of depressed mothers are at risk for serious health, developmental, emotional, behavioral and learning problems that can last for many years.

In 2011, 18.8% of women reported symptoms of depression during and/or after pregnancy, a figure which has held relatively constant since 2009.
Additional Resources: Oregon PRAMS

About the Data: Data source is the Oregon Pregnancy Risk Assessment Monitoring System (PRAMS). Maternal depression is defined as reporting symptoms of depression during and/or after pregnancy among women who gave birth in a calendar year. For 2009-2011, women were asked 3 questions (“felt down, depressed or sad,” “felt hopeless,” and “felt slowed down” about depression during and after pregnancy. Each question was scored from 1 (Never) to 5 (Always). The minimum score was 3; the maximum score was 15. Women who scored more than 9 points for “during” and/or “after” pregnancy were counted as having been depressed.

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