

IMPORTANCE OF TREATING
Perinatal Anxiety



Importance of Treating Perinatal Anxiety

Perinatal Anxiety

Perinatal anxiety refers to anxiety experienced at any time before and after birth. While every person experiences anxiety, sometimes perinatal anxiety might become severe and make it hard to function day to day and even to parent. Perinatal anxiety is a common experience, and research shows as many as 39% of people may have perinatal anxiety disorders.

Racial and Ethical Disparities in Perinatal Anxiety

Other studies have shown that Black, Asian, multiracial, and Hispanic/Latinx people may experience perinatal anxiety disorders at 3 times the rate of white people when pregnant and after delivery. These individuals experience higher rates of perinatal anxiety due to lack of adequate assessment and screening, stigma, access to care, demographic factors, and social and structural drivers of health. Treatment for all people with anxiety who need it can be important for long term health and wellness.

4 Ways Treatment Can Help

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| <p>Decrease in anxious feelings</p> <p>Anxiety can look like:</p> <ul style="list-style-type: none">• Panic attacks• Constant state of worrying that is difficult to stop or control• Racing thoughts and negative thought patterns• Constantly feeling irritable, restless or “on edge” | <p>Improve sleep outcomes</p> <p>Achieving more sleep can:</p> <ul style="list-style-type: none">• Enhance mood and self esteem• Increase energy and motivation• Decrease worry and stress• Foster bonding with baby |
| <p>Improve health outcomes</p> <p>Anxiety can have negative health outcomes including:</p> <ul style="list-style-type: none">• Racing heartbeats• Increased blood pressure• Difficulty breathing• Shaking, muscle aches, stomach tension• Fatigue and dizziness | <p>Improve mood and parenting capacity</p> <ul style="list-style-type: none">• Increase patience with a child and their needs• Healthy coping skills for child’s emotional health• Improve and establish health parent- child relationship• Improve self-esteem and parenting confidence |

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References

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