

Card 2: Assessment of Risk and Protective Factors for Mental Health in Pregnancy

Some women may be more prone to developing mental health problems during pregnancy than others. This depends upon a combination of Risk and Protective Factors. It is important to identify risk and protective factors in pregnant women so that we can help those who have higher risk.



Risk Factors

Ask the following questions:



In the past, have you experienced any mental stress or problems or tension that interfered with your daily activities?



Did you experience any mental stress or tension during previous pregnancies?



How satisfied are you with the support you get from your family? This could be emotional or other forms of support.



Has there been any pressure to have a male child?



Have you had any fights at home or been subjected to any form of domestic abuse in the last year?



Are you worried about your financial problems?

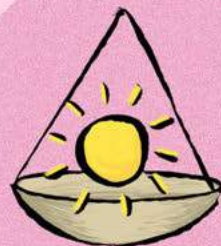


Have you had a miscarriage or a difficult pregnancy in the past?

Protective Factors

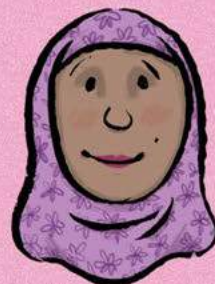
Ask the following questions:

How well are you able to handle the common challenges that we face in day to day situations?

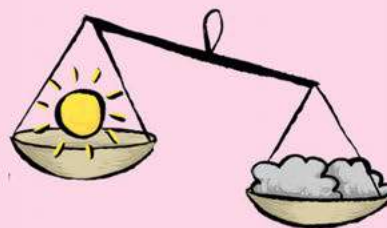


Do you feel you have people in your life who support you and are there for you in times of trouble?

Are you happy about this pregnancy?



Are you going regularly to see your health care provider (ANM*, doctor)?



If a pregnant woman has many risk factors

Apply Card 3: Identifying Mental Health Problems in Pregnancy and Helping the Mother. If mental health problems are identified

For mild problems: offer helpful suggestions

For moderate to severe problems: make a referral

Card 2: Risk Factors for Mental Health Problems

Being a new mother can bring a mix of emotions such as joy and anxiety.

While mothers are excited about the new baby and look forward to nurturing them, they may have several worries about the new responsibilities and changing roles. Some are more prone to developing stress and mental health problems. May I ask you a few questions to understand this better?



Did you experience any mental stress or tension during previous pregnancies? (if multiparous)



In the past, have you ever experienced mental stress or tension that interfered with your daily activities?



Do you have support from your spouse or family? In what ways do they support you? (Emotional, domestic work, finances)



Does anyone in your family have a mental health problem?



Did you have any stressful events such as the death of a loved one, major financial issues, worries about the sex of the baby, or pressure to have a male child during pregnancy or delivery?



Have you had any fights at home or been subjected to abuse in the last year? If yes, then has there been physical violence in the last year?

Screen all women for depression (Card 3) and anxiety (Card 4). This is especially important if a woman has many risk factors.

Card 2: Stress of Having a Newborn and How to Manage it Better

Having a newborn baby can bring lots of excitement and happiness to one's life. But that can also add stress. Stress is worry, strain or pressure that one feels in response to things that happen in their life. Assess for stress experienced by the mother by asking the following:



Does she frequently worry and wonder:

- Am I feeding my baby enough?
- Will I be able to take care of my baby properly?
- Why is my baby crying so much?
- What if something happens to the baby?
- What if I do something that harms the baby?
- I already feel so tired. How will I find the energy to care for my new baby?
- Am I going to be a good mother?
- Will I get support from my family and partner to take care of my child?

Explain to the mother: Many moms feel this way. You are not alone. These concerns are perfectly normal. Sometimes worries may lead to further stress and more worries. Let me explain.

