Perinatal Mood & Anxiety Disorders (PMAD): Problem Analysis Diagram

Social/Economic/Policy Level

Policy
Lack of policies supporting screening
Lack of maternity leave policies

Social issues
Racism
Stigma on mental illness
Poverty

System/Services
Lack of behavioral/mental health services
 insurance
Transportation

Family/Community/Institutional

Community
Availability of childcare
Language/cultural barriers
Lack of education on PMAD
Availability & use of screening
tools

Family/Home
Family history of depression
Domestic violence
Social isolation/lack of support
Lack of access to care/lack of health
 coverage

Healthcare Institutions
Provider attitudes toward screening
Lack of providers who screen for PMAD
Availability & use of screening tools
Lack of education on PMAD
Cost of treatment
Lack of behavioral/mental health services

Individual Level

Other Factors
Perinatal loss
Poor infant health
Major recent life event: loss,
 house move, job loss

Individual Characteristics
History of sexual abuse/trauma
Lack of sleep
Unhealthy relationships
Previous pregnancy, birth or
 postpartum difficulties
Stress
Poor maternal health
Substance use

Psychological/Mental Health
Personal or family history of depression,
 anxiety, or postpartum depression
Previous psychiatric illness
Depression or anxiety during pregnancy
Premenstrual dysphoric disorder (PMDD or
 PMS)
Low self-esteem

Target Outcome(s): Consequences:

Lack of prenatal care; Substance use; Impaired attachment; Infant neglect; Poor infant health; Maternal suicide; Infanticide; maternal mental wellness

Maternal morbidity/mortality; Infant morbidity/mortality; increased use of health &/or support services; family stress; societal impact (impact on foster care & educational system)

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