Prevalence and Risk Factors of Postpartum Depression in Mothers of Hospitalized Infants

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Introduction
Postpartum depression (PPD) affects 400,000 women in the USA annually1 and 50% of women with PPD remain undiagnosed and untreated2. AAP recommends routine screening at infant well-child checks using the Edinburgh Postpartum Depression Scale (EDPS)3. PPD consequences include adverse impact on child’s growth and cognitive and socio-emotional development3 and negative impact on the receipt of health-care by infants of affected mothers4.

Objectives
1. Implement PPD screening among mothers of infants 0-12 months of age hospitalized at a large free-standing urban children’s hospital
2. Describe the prevalence of PPD in this study population
3. Identify risk factors associated with PPD among this study population
4. Increase provider and community awareness about PPD
5. Provide psychiatric services to mothers who screen positive for PPD

Methods
1. Cross-sectional study employing a demographic survey and a validated postpartum depression screen
2. Mothers of infants aged 0 to 12 months admitted to the Hospitalist enrolled by nurse clinicians
3. Surveys, PPD screens, and a list of resources given to enrolled subjects by nurse clinicians and scored by a member of the research team
4. Mothers who screened positive were offered psychiatric consultation
5. All subjects who screened positive were offered follow-up phone calls within 2 weeks of discharge from hospital
6. Infant medical records were evaluated for associated risk factors for maternal PPD
7. Data collection occurred between 02/01 and 04/30/2018
8. Results were analyzed using descriptive statistics

Results
1. Seventy-nine mothers were approached; 62 were enrolled in the study and completed the survey and PPD screen
2. Thirteen (21%) of the subjects screened positive for PPD
3. Nine (9%) of those who screened positive consented to a follow-up phone call after their child’s discharge from the hospital
4. Seven (54%) of those who screened positive reported having never been screened for PPD
5. Maternal age ranged between 19-30 years in the depressed group (mean of 23.5 years) and between 16 and 40 years in the non-depressed group (mean of 27.5 years)
6. The marital status was predominately single, divorced or other in the depressed group (62%) and predominately married (57%) in the non-depressed group
7. The race, annual income, level of education, number in household, and personal and family history of anxiety and/or depression were similar among the two groups

Conclusions
1. One in five mothers of hospitalized infants screened positive for postpartum depression.
2. Over 50% of these mothers reported never having been screened previously.
3. Women who test positive are receptive to follow-up for treatment and support when provided with resources.
4. Further, larger-scale studies are needed to assess the cost-effectiveness of expanding the PPD screening of mothers of hospitalized infants prior to large-scale implementation of such a service.

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Resources