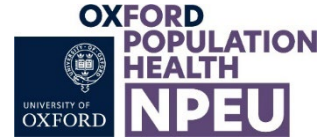


You & your Baby

A national survey of health and care during the 2020 Covid-19 pandemic



NIHR | Policy Research Unit
Maternal and neonatal
health and care



What was the impact of the pandemic on postnatal depression?

What did we do?

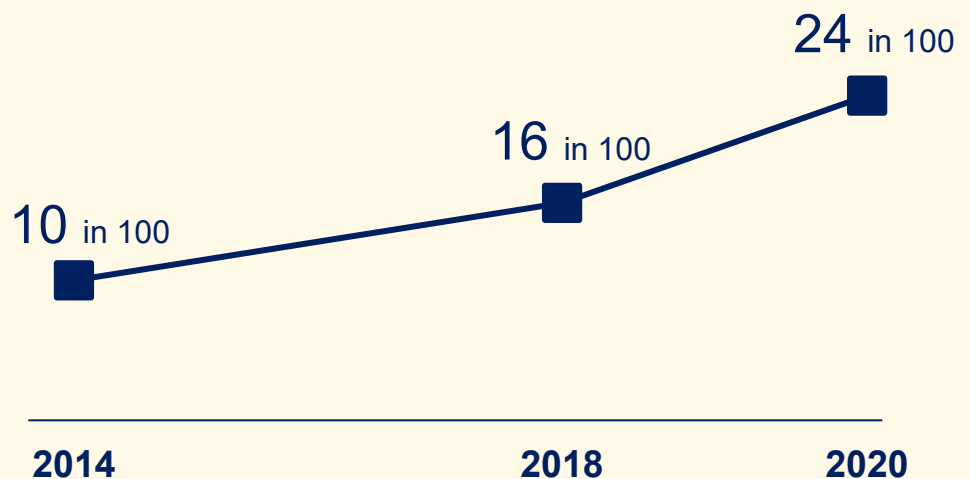
Using survey data from 2014, 2018 and 2020, we compared the percentages of women who had postnatal depression symptoms* before and during the pandemic. We also looked at the characteristics and maternity experiences of women who were more likely to have postnatal depression symptoms*. More than 4,500 women took part in each of the surveys 3 to 6 months after giving birth.

What did we find?

1 in 4

women who gave birth during the Covid-19 pandemic had postnatal depression symptoms* 6 months after giving birth

The number of women with postnatal depression symptoms* increased across the surveys, particularly in the survey during the Covid-19 pandemic



In our surveys, women were more likely to have postnatal depression symptoms* if they:

- had a long-term mental health problem
- had anxiety or depression during their pregnancy
- were less satisfied with their experience of childbirth
- had lower social support from family, friends, etc.

This was the same for women who gave birth before or during the pandemic.

The level of postnatal depression symptoms* was already rising and the pandemic may have contributed to it rising further.

The full article is available here: <https://pubmed.ncbi.nlm.nih.gov/37363795/>

*Score above the cut-off on the Edinburgh Postnatal Depression Scale (a self-report measure)