

## Risk Factors Checklist for PMADs

Many new moms say, "I wish I had known I was at risk". Here is a way to be proactive, and be aware of risks that you need to be aware of, and should discuss with your Healthcare team.

### Predisposing Factors:

- History of PMS/PMDD or PMAD; difficulty with taking birth control
- Personal or family history of mental health disorders, chemical dependency or eating disorder.
- Social/Environmental stressors- job loss, lack of support, financial strain, etc.
- Marital/Relationship stress
- Unplanned or complicated pregnancy (hyperemesis, loss, difficult diagnosis, infertility).
- Teen pregnancy
- History of previous trauma(s) (abuse, exposure to violence, pregnancy loss, veterans, etc.)
- "Type A" personality

### Postpartum Factors:

- Chronic health conditions, chronic pain, or change in health due to pregnancy (pain, injury, etc.)
- Traumatic birth/loss
- Hormonal shifts - taking birth control, discontinuing breastfeeding
- Difficult infant temperament/Baby with health complications
- Premature delivery/NICU involvement
- Breastfeeding difficulties
- Having multiples (twins, triplets or more)
- Sleep deprivation

*If you checked any boxes, please share this information with your provider(s)!*

*If you need additional assistance & support, please call/text or email the PPSM HelpLine:  
612/787-7776 or [ppsmhelpline@gmail.com](mailto:ppsmhelpline@gmail.com)*

*Available 24 hours per day \* Response within 24 hours (often less)*