Box 3

Risk factors for postpartum mood disorders. Adapted from SIGN127 [9]

Risk factors for postpartum depression

- Past history of depression or anxiety during pregnancy and/or at other times
- Baby blues
- Family history of depression
- Lack of social support
- Poor relationship with partner
- Preterm birth, infant health problems, need for neonatal intensive care
- Parents' perceptions of their own upbringing
- Unplanned pregnancy
- Unemployment
- Not breastfeeding
- Antenatal parental stress
- Antenatal thyroid dysfunction
- Longer time to conception
- Depression in the father
- Having two or more children
- Current, or history of, substance misuse

Risk factors for postpartum psychosis

- Preexisting psychotic illness (especially bipolar disorder)
- Personal history of postpartum psychosis
- Antenatal admission for psychosis or bipolar disorder
- Family history of affective psychosis
- Discontinuation of mood stabiliser prophylaxis
- Primiparity
- Delivery complications