



Maternal Depression In Los Angeles County: Los Angeles Mommy and Baby (LAMB) Survey

Chandra Higgins, M.P.H., Shin M. Chao, Ph.D.

Los Angeles County Department of Public Health – Maternal, Child and Adolescent Health Programs



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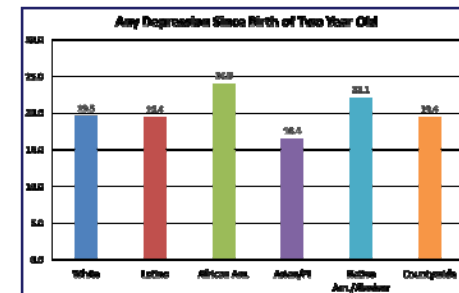
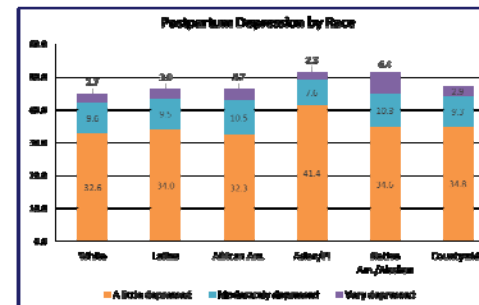
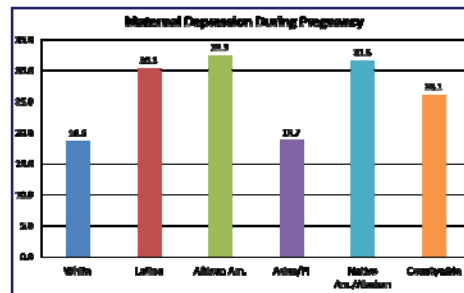
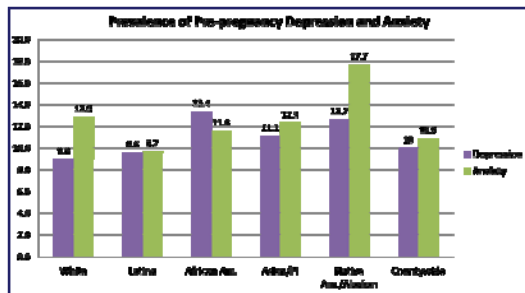
Before Pregnancy → During Pregnancy → After Pregnancy → Two Years Later

Mothers were asked: 1) At any time during the six months before you got pregnant with your new baby, did you do any of the following things? f. I visited a health care worker to be checked or treated for depression or anxiety Y/N. 2) In the six months before you got pregnant, did you have any of these problems? a. Depression b. Anxiety

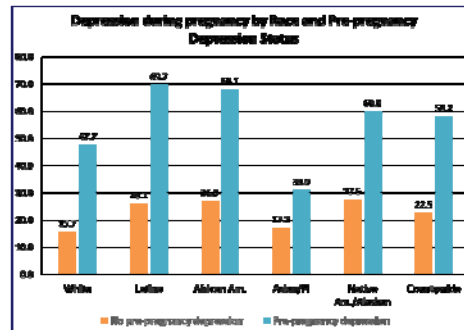
Mothers were asked: For two weeks or longer during your most recent pregnancy, did you: a. Feel sad, empty, or depressed for most of the day? b. Lose interest in most things like work, hobbies, and other things you usually enjoyed?

Mothers were asked: In the months after your new baby was born, would you say that you were: Not at all depressed, A little depressed, Moderately depressed, or Very depressed?

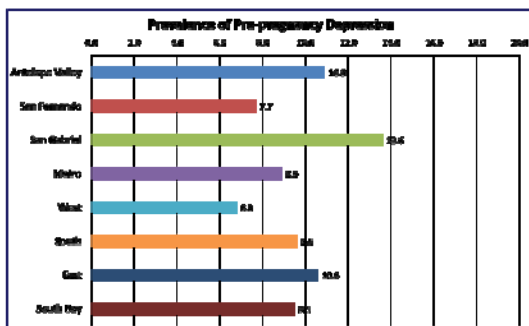
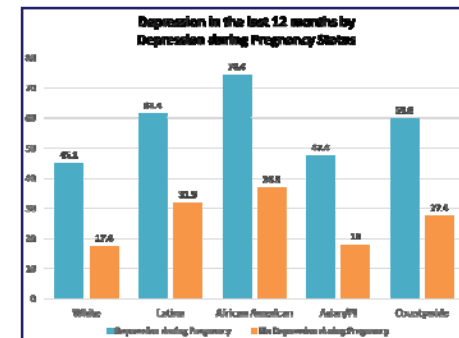
Mothers were asked: 1) Since your two year old was born, did you have any of these problems? Depression? 2) For two weeks or longer during the past 12 months, did you: a. Feel sad, empty, or depressed for most of the day? b. Lose interest in most things like work, hobbies, and other things you usually enjoyed?



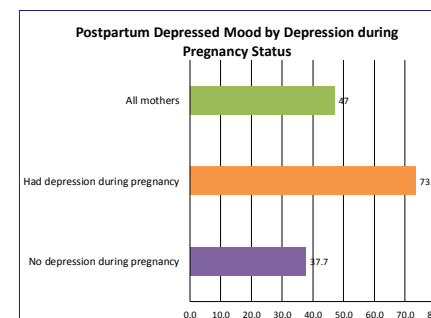
- Only 27.8% of mothers who reported depression, and 28.7% who reported anxiety, before pregnancy saw a health care worker to be checked or treated for depression or anxiety in the 6 months before they became pregnant.
- African American mothers were most likely to report depression before pregnancy (13.4%).
- Native American/Alaskan Native mothers were most likely to report anxiety before pregnancy (17.7%).
- Mothers less than 20 years old were slightly more likely to report depression before pregnancy (10.8%) compared to mothers 35 and older (8.9%).
- Nearly 14% of mothers living in SPA 3, San Gabriel, reported depression before their pregnancy compared to only 6.8% of mothers living in SPA 5, West.



- Nearly half of all mothers reported feeling some level of depressed mood after delivery.
- Approximately 17% of Native American/Alaskan Native, 14% of African American, and 13% of Latina mothers reported feeling moderately or severely depressed after pregnancy.
- Mothers who reported depression during pregnancy were more likely to report depressed mood after pregnancy (73.4%) compared to 37.7% of mothers who did not report depression during pregnancy.



- Depression during pregnancy was more frequently reported than depression before pregnancy for all racial/ethnic groups.
- The overall prevalence of depression during pregnancy was two times that of depression before pregnancy.
- Approximately 30% of Latina, African American, and Native American/Alaskan Native mothers reported depression during pregnancy.
- Just under 20% of White and Asian/PI mothers reported depression during pregnancy.
- Mothers who reported pre-pregnancy depression were far more likely to also report depression during pregnancy (58.2%) compared to mothers who did not report pre-pregnancy depression (22.5%).
- Among Latina and African American mothers with pre-pregnancy depression, nearly 70% reported depression during pregnancy.
- Among mothers who reported depression during pregnancy, only 67.8% reported being asked about depression and anxiety by their health care provider at a prenatal check up.



- Nearly 20% of mothers report depression since the birth of their two year olds.
- African American mothers were most likely to report depression since the birth of their two year old compared to 16% of Asian/PI mothers.
- Mothers who were depressed during their pregnancy were significantly more likely to report depression in the previous 12 months (60%) compared to mothers who were not depressed during their pregnancy (27%).
- Among mothers who were depressed during their pregnancy 74.4% of African American, 61.4% of Latina, and approximately 46% of White and Asian/PI mothers reported depression in the previous 12 months.
- These trends point to the ongoing risk of depression among mothers who suffer depression before and during their pregnancy.