



## 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.

<p><b><u>Predisposing Factors:</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> History of PMS/PMDD or PMAD; difficulty with taking birth control</li> <li><input type="checkbox"/> Personal or family history of mental health disorders, chemical dependency or eating disorder.</li> <li><input type="checkbox"/> Social/Environmental stressors- job loss, lack of support, financial strain, etc.</li> <li><input type="checkbox"/> Marital/Relationship stress</li> <li><input type="checkbox"/> Unplanned or complicated pregnancy (hyperemesis, loss, difficult diagnosis, infertility).</li> <li><input type="checkbox"/> Teen pregnancy</li> <li><input type="checkbox"/> History of previous trauma(s) (abuse, exposure to violence, pregnancy loss, veterans, etc.)</li> <li><input type="checkbox"/> “Type A” personality</li> </ul>	<p><b><u>Postpartum Factors:</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Chronic health conditions, chronic pain, or change in health due to pregnancy (pain, injury, etc.)</li> <li><input type="checkbox"/> Traumatic birth/loss</li> <li><input type="checkbox"/> Hormonal shifts - taking birth control, discontinuing breastfeeding</li> <li><input type="checkbox"/> Difficult infant temperament/Baby with health complications</li> <li><input type="checkbox"/> Premature delivery/NICU involvement</li> <li><input type="checkbox"/> Breastfeeding difficulties</li> <li><input type="checkbox"/> Having multiples (twins, triplets or more)</li> <li><input type="checkbox"/> Sleep deprivation</li> </ul>
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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 [helpline@ppsupportmn.org](mailto:helpline@ppsupportmn.org)