



CLARITY

Happiness Within Your Reach

A Catholic charity that lights the way to mental well-being



Maternal Mental Health

Perinatal Mood and Anxiety Disorders

Perinatal Mood and Anxiety Disorders (PMADs)

Pregnancy and a new baby can bring about excitement, expectation and unimaginable delight. It also brings about challenges when you experience anxiety or depression.

Depression might occur during pregnancy as well as the postnatal period, broadly termed as "Perinatal Depression". However, it may not just be depression but also anxiety that can occur during and after pregnancy.

Perinatal Mood and Anxiety Disorders, the combination of anxiety and depression are possible complications of pregnancy and childbirth.

Signs & Symptoms

- Low mood, feeling sad, depressed and/or crying a lot
- Irritability
- Feelings of inadequate to cope with baby
- Loss of interest in usual activities
- Sleep disturbance unrelated to baby's needs
- Appetite changes
- Intense anxiety, panic attacks/hyperventilation
- Repeated thoughts of frightening things happening to baby
- Excessive worry about baby's health
- Suicidal thoughts
- Hallucinations, delusions, disorganised thinking

If you are feeling overwhelmed and unable to cope, contact us at

 **67577990** or

 **ask@clarity-singapore.org**

to make an appointment.

Edinburgh Postnatal Depression Scale (EPDS)

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt in the past 7 days, not just how you feel today.

1. I have been able to laugh and see the funny side of things.
 - 0 - As much as I always could
 - 1 - Not quite as much now
 - 2 - Definitely not so much now
 - 3 - Not at all

2. I have looked forward with enjoyment to things.
 - 3 - As much as I ever did
 - 2 - Rather less than I used to
 - 1 - Definitely less than I used to
 - 0 - Hardly at all

- *3. I have blamed myself unnecessarily when things went wrong.
 - 3 - Yes, most of the time
 - 2 - Yes, some of the time
 - 1 - Not very often
 - 0 - No, never

- *4. I have been anxious or worried for no good reason.
 - 0 - No, not at all
 - 1 - Hardly ever
 - 2 - Yes, sometimes
 - 3 - Yes, very often

- *5. I have felt scared or panicky for no good reason.
 - 3 - Yes, quite a lot
 - 2 - Yes, sometimes
 - 1 - No, not much
 - 0 - No, not at all

SCORING

Maximum score is 30. If you score 10 or more, please contact Clarity Singapore at 6757 7990, email ask@clarity-singapore.org or KKH Department of Psychological Medicine at 6394 2205 for support.

Edinburgh Postnatal Depression Scale (EPDS)

- *6. Things have been getting on top of me.
- 3 - Yes, most of the time I haven't been able to cope at all
 - 2 - Yes, sometimes I haven't been coping as well as usual
 - 1 - No, most of the time I have coped quite well
 - 0 - No, I have been coping as well as ever
- *7. I have been so unhappy that I have had difficulty sleeping.
- 3 - Yes, most of the time
 - 2 - Yes, sometimes
 - 1 - Not very often
 - 0 - No, not at all
- *8. I have felt sad or miserable.
- 3 - Yes, most of the time
 - 2 - Yes, quite often
 - 1 - Not very often
 - 0 - No, not at all
- *9. I have been so unhappy that I have been crying.
- 3 - Yes, most of the time
 - 2 - Yes, quite often
 - 1 - Only occasionally
 - 0 - No, never
- *10. The thought of harming myself has occurred to me.
- 3 - Yes, quite often
 - 2 - Sometimes
 - 1 - Hardly ever
 - 0 - Never

SCORING

Maximum score is 30. If you score 10 or more, please contact Clarity Singapore at 6757 7990, email ask@clarity-singapore.org or KKH Department of Psychological Medicine at 6394 2205 for support.

Feelings of inadequacy and difficulties adjusting may be experienced by new mothers in transition into motherhood, and may sometimes be overcome with support from family and friends. However, if these symptoms persist or are greatly affecting you, you are encouraged to seek help from trained mental health professionals.



Clarity Singapore Limited is a mental health charity endorsed by the Catholic Archdiocese of Singapore, and is a member organisation of Caritas Singapore and National Council of Social Service (NCSS).

We focus on responding to mental health needs through community-based mental health services in individual or group settings.

We serve clients regardless of race, religion, or culture, aged 15 - 65, with mild to moderate psychological and emotional difficulties including:


- Anxiety Disorders
- Depressive Disorders
- Obsessive-Compulsive Disorders
- Traumatic Disorders
- Maternal Mental Health



Our Team

Services are provided by a full-time professional clinical team and support staff. We provide a safe and therapeutic space to help you gain insights to your situation by equipping you with clinical tools to cope and thrive in your journey towards recovery and mental wellness.

Our contacts:

 67577990

 ask@clarity-singapore.org

Our centres:

YISHUN

Block 854 Yishun Ring Road, #01-3511
Singapore 760854

AGAPE VILLAGE

7A Lorong 8 Toa Payoh, #04-01
Singapore 319264

For more information, go to:

 www.clarity-singapore.org

 @ClaritySG

 @theYESinitiative

 t.me/claritysg

A member organisation of

 **Caritas**
SINGAPORE
God's Love in Action