

Prenatal Stress Among Women in Mississippi in 2020

About PRAMS

- The **Pregnancy Risk Assessment Monitoring System** (PRAMS) is an ongoing, population-based surveillance program sponsored by the Centers for Disease Control and Prevention (CDC) and the Mississippi State Department of Health (MSDH).
- PRAMS participants are randomly selected between 2 and 6 months **postpartum**.
- This study analyzed Mississippi PRAMS data from 1,012 women who had a live birth in 2020 in Mississippi to assess **prenatal stress**.

About Prenatal Stress

- **Prenatal stress** can have a negative impact on birth outcomes and is associated with preterm birth, low birth weight and postpartum depression.¹
- **Addressing maternal stress** and providing mental health services during pregnancy can **improve** maternal and child **health**, potentially **decreasing costs** to individuals and society.¹

Definitions

- In this report, the 14 stressful life events were grouped into four categories:

1. **Financial**: moved homes, lost her job, couldn't pay bills, cut in pay, partner lost his/her job
2. **Relational**: divorce, argument, partner didn't want pregnancy, partner away
3. **Trauma-related**: being in jail, homeless, someone close had drug problems
4. **Emotional**: ill family member, a loved one died

Then, a sum of the item responses within each category was calculated.

Figure 1. Prenatal Stress Among Women in Mississippi, 2020

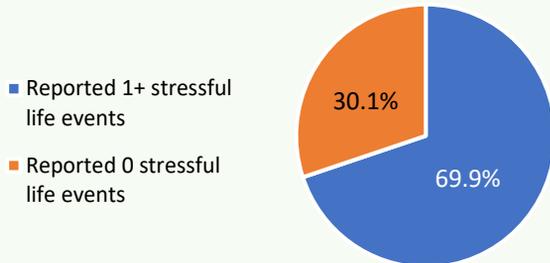
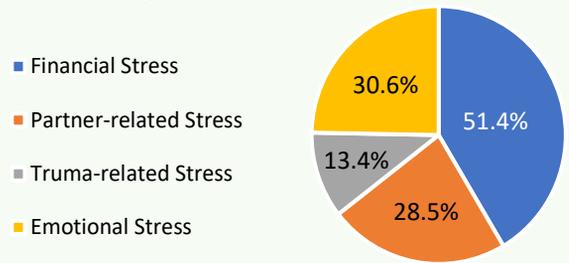


Figure 2. Types of Stress During Pregnancy in Mississippi, 2020

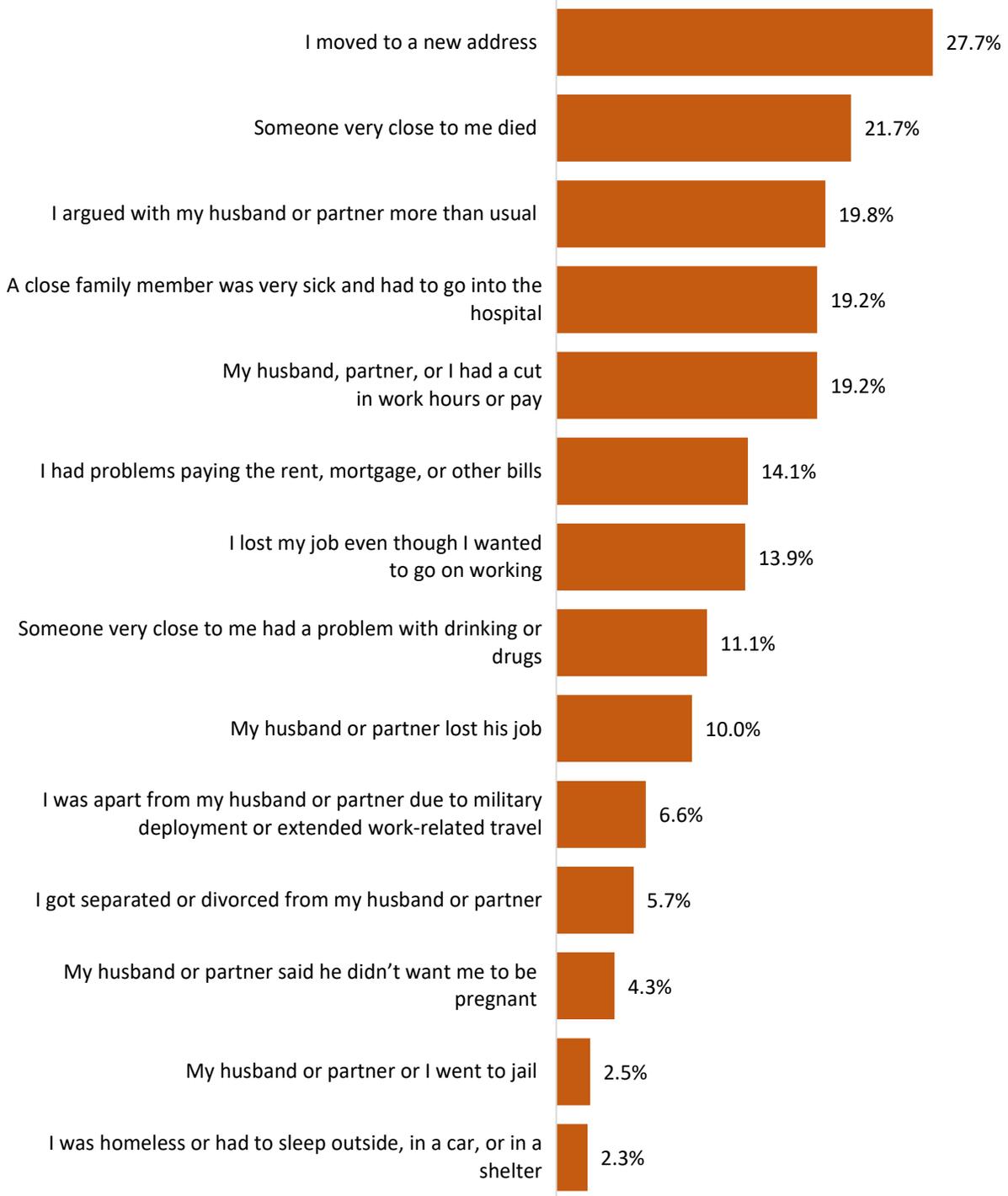


Key Findings

- Approximately **70% of women** reported at least one stressor during pregnancy. (Figure 1)
- **Financial stress** (51.4%) was the **most reported stressor category** during pregnancy among women in Mississippi. (Figure 2)
- The **most frequently reported** stressful life events during pregnancy were moving to a new address (27.7%), death of a loved one (21.7%), and arguing with a husband or partner (19.8%). (Figure 3)

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Figure 3. Stressful Life Events During Pregnancy in Mississippi, 2020



References

1) Centers for Disease Control and Prevention. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6409a3.htm>

For More Information, Contact:
Mississippi PRAMS Program
PRAMS@msdh.ms.gov