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

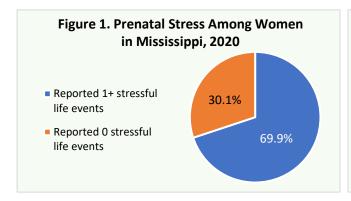
 Prenatal stress can have a negative impact on birth outcomes and is associated with preterm birth, low birth weight and postpartum depression.¹

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.

Addressing maternal stress and providing mental health services during pregnancy can improve
maternal and child health, potentially decreasing costs to individuals and society.¹





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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I moved to a new address 27.7% Someone very close to me died 21.7% I argued with my husband or partner more than usual 19.8% A close family member was very sick and had to go into the 19.2% hospital My husband, partner, or I had a cut 19.2% in work hours or pay I had problems paying the rent, mortgage, or other bills 14.1% I lost my job even though I wanted 13.9% to go on working Someone very close to me had a problem with drinking or 11.1% My husband or partner lost his job 10.0% I was apart from my husband or partner due to military 6.6% deployment or extended work-related travel I got separated or divorced from my husband or partner 5.7% My husband or partner said he didn't want me to be 4.3% pregnant My husband or partner or I went to jail 2.5% I was homeless or had to sleep outside, in a car, or in a 2.3% shelter

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