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Insurance Status and its Effect on Mothers with Postpartum Depression in the United States

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Background

- There is a lack of research exploring how insurance status, a social determinant of health, impacts health outcomes of patients with PPD.

- PPD is a pressing issue with ~1 in 8 new mothers who have given birth in the US experiencing symptoms.[1]

Objective

To shed light on the association between the discrepancies in health outcomes of mothers with PPD and their insurance status (e.g. private insurance, state insurance, or no insurance).

Methods

<table>
<thead>
<tr>
<th>Criteria</th>
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<tbody>
<tr>
<td>Gender and age group</td>
<td>People of the female sex of child-bearing age</td>
<td>Persons of non-child-bearing age</td>
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<tr>
<td>Publication date</td>
<td>Published &lt; 10 years ago</td>
<td>Published &gt; 10 years ago</td>
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<td>Types of mental health disorders</td>
<td>Postpartum Depression Disorder</td>
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<tr>
<td>Language of articles</td>
<td>English or English translation available</td>
<td>Languages other than English with no translation available</td>
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<td>Country of Article Authorship</td>
<td>Anywhere as long as results were generalizable</td>
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<td>Peer-reviewed</td>
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<td>Utilization of resources external to peer-reviewed journals?</td>
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Results

<table>
<thead>
<tr>
<th>Topic</th>
<th>Results</th>
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</thead>
</table>
| Etiology and pathophysiology               | 1. Genetic predispositions[3]
   - Decreased SIRT1 gene activity
   - Impaired glucocorticoid receptors
   - Childhood or adulthood sexual abuse |
| Effects on mothers and children            | 1. Women with PPD were more likely to stop exclusive breastfeeding earlier[5]
   2. Offspring long term effects[6]
   - Increased risk of depression as a child
   - Developmental and behavioral issues
   - Higher risk of adult depression |
| Insurance status and postpartum care       | 1. Medicaid-insured postpartum mothers in NYC had a significant risk for readmission to the ED[7]
   2. Affordable Care Act[8]
   - Decrease in insurance loss after childbirth
   - Drop in self-reported PPD symptoms |

Discussion

- Mothers with better insurance utilized more healthcare postpartum than mothers on Medicaid.
- Physicians’ attitudes and knowledge around addiction and PPD played a pivotal role in mothers’ access to treatment, e.g. buprenorphine.[9]
- Future studies evaluating experiences of women across different demographics would provide additional insight into disparities in access to adequate care for PPD and similar conditions.

Limitations

- Older data may not reflect current trends.
- Other linked disparities were not examined.