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

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Insurance Status and its Effect on Mothers with Postpartum Depression (PPD) 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.^[2]



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).

References



Methods

Criteria	Inclusion	Exclusion
Gender and age group	People of the female sex of child-bearing age	Persons of non-child-bearing age
Publication date	Published ≤ 10 years ago	Published > 10 years ago
Types of mental health disorders	Postpartum Depression Disorder	All other mental health/physical health disorders
Race	All	None
Language of articles	English or English translation available	Languages other than English with no translation available
Country of Article Authorship	Anywhere as long as results were generalizable	None
Types of Studies/Articles	Review articles, observational studies, cross-sectional studies secondary analyses, retrospective analyses	Case reports
Peer-reviewed	Yes	No
Utilization of resources external to peer-reviewed journals?	No	Yes

Results

Topic	Results
Etiology and pathophysiology	<ol style="list-style-type: none"> Genetic predispositions^[3] <ul style="list-style-type: none"> Decreased SIRT1 gene activity Impaired glucocorticoid receptors Adverse life events^[4] <ul style="list-style-type: none"> Childhood or adulthood sexual abuse
Effects on mothers and children	<ol style="list-style-type: none"> Women with PPD were more likely to stop exclusive breastfeeding earlier^[5] Offspring long term effects^[6] <ul style="list-style-type: none"> Increased risk of depression as a child Developmental and behavioral issues Higher risk of adult depression
Insurance status and postpartum care	<ol style="list-style-type: none"> Medicaid-insured postpartum mothers in NYC had a significant risk for readmission to the ED^[7] <ul style="list-style-type: none"> Particularly seen in African American mothers Affordable Care Act^[8] <ul style="list-style-type: none"> 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.