

Post-Partum Depression Survey

Statistics from March 2003

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The MOST (Mothers of Supertwins) Post-Partum Depression (PPD) survey was conducted from January through March of 2003 in coordination with the National Organization of Mothers of Twins Clubs, Inc. (NOMOTC).

The survey gathered data pertaining to socio-demographic status, medical, gynecologic, and obstetric history, pregnancy, perinatal and neonatal events were collected as well as symptom-specific data pertaining to PPD. Specifically, the survey included questions on 22 different symptoms of PPD, previous experiences with depression, and treatment received.

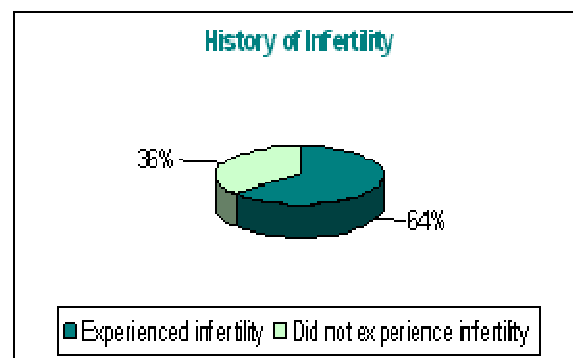
The MOST survey received 587 participants and NOMOTC 758 participants. Unless otherwise noted, the data below is from the MOST survey.

Number of Children	% of survey responses
10 children	0.17%
9 children	0.00%
8 children	0.17%
7 children	1.36%
6 children	3.92%
5 children	10.39%
4 children	32.54%
3 children	49.23%
less than 3 children	2.21%

Age ranges	% of survey responses
18-24	1.19%
25-30	13.63%
31-35	33.56%
36-40	33.73%
41-45	14.48%
46-50	2.21%
Over 50	1.02%

Not answered	0.17%
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Employment Status during first year after birth	% of survey responses
Other	2.56%
Outside the home full time	11.93%
Outside the home part time	10.22%
Stay at home parent	69.34%
Unemployed looking for work	0.68%
Work from home full time	1.53%
Work from home part time	3.24%
Not answered	0.34%



Overall 29% of respondents indicated being depressed for more than 2 weeks following the birth of their higher-order multiples

Respondents who underwent fertility treatments experienced an average of 10.9 PPD symptoms.

Respondents who did not undergo fertility treatments experienced an average of 6.47 PPD symptoms.

- ♥ 88% of respondents took fertility medications.
- ♥ 65% of respondents indicated her multiples were her first born children.
- ♥ 85% of respondents' multiples remained in the hospital after the mother's discharge.

Type of multiples	Average PPD symptoms indicated	Experienced feelings of guilt
Twins	3.8	15.4%
Triplets	7.3	33.7%
Quadruplets	7.5	32.7%
Quintuplets or more	8.5	54.5%

Mother's employment status	Percent who felt isolated
Full-time outside the home	23%
Full-time inside the home	27%
Part-time outside the home	38%
Stay at home parent	40%
Part-time inside the home	51%
Other (like students)	60%
Unemployed actively seeking work	100%

Percentage of respondents indicating **ongoing** financial difficulties since the birth of their multiples:

- ♥25% of families with twins
- ♥33% of families with triplets
- ♥45% of families with quadruplets or more

Percentage of respondents indicating financial difficulties **prior** to their multiple birth pregnancy:

- ♥10% of families with twins
- ♥7% of families with triplets
- ♥6% of families with quadruplets or more

Multiples type	% who felt isolated
Twins	11.11%
Triplets	39.45%
Quadruplets	32.20%
Quintuplets	77.78%

59% of both NOMOTC and MOST respondents felt isolated but found support from another mom of multiples helpful.

The PPD survey also revealed that multiple birth mothers do not seek treatment for PPD even when they experience a significant number of symptoms.

49% of respondents didn't report depression but reported 5 or more symptoms of post-partum depression.

31.5% of respondents didn't report depression but reported 7 or more symptoms of post-partum depression.

Out of the 8.8% who marked yes to either thoughts of hurting themselves or others, thoughts of death, or thoughts of suicide, nearly half (48 %) never sought professional help or treatment.

Number of symptoms	% reporting	% of these who never sought professional help
5 or more	60%	23%
7 or more	51%	15%
8 or more	45%	57%
10 or more	36%	32%
12 or more	25%	39%
15 or more	15%	4%

Respondents reporting 5 or more symptoms by age group		
	NOMOTC	MOST
18-24	91%	100%
25-30	69%	54%
31-35	60%	61%
36-40	66%	65%
41-45	65%	51%
46-50	57%	46%
50+	54%	50%

Multiple Type	Had outside help	Help started	Percent	Help lasted	Percent	
Twins	44.44%	First week home	100.00%	Less than 1 week	25.00%	
		First month home	0.00%	1-2 weeks	0.00%	
		First 6 months home	0.00%	3-4 weeks	50.00%	
		No Answer	0.00%	5-6 weeks	0.00%	
					7+ weeks	25.00%
					No Answer	0.00%
Triplets	77.12%	First week home	77.49%	Less than 1 week	0.51%	
		First month home	18.67%	1-2 weeks	4.60%	
		First 6 months home	3.58%	3-4 weeks	7.16%	
		No Answer	0.26%	5-6 weeks	9.97%	

				7+ weeks	75.45%
				No Answer	2.30%
Quadruplets	76.27%	First week home	73.33%	Less than 1 week	0.00%
		First month home	20.00%	1-2 weeks	0.00%
		First 6 months home	4.44%	3-4 weeks	4.44%
		No Answer	0.00%	5-6 weeks	2.22%
				7+ weeks	88.89%
				No Answer	4.44%
Quintuplets	77.78%	First week home	57.14%	Less than 1 week	0.00%
		First month home	28.57%	1-2 weeks	0.00%
		First 6 months home	14.29%	3-4 weeks	0.00%
		No Answer	0.00%	5-6 weeks	0.00%
				7+ weeks	100.00%
				No Answer	0.00%

PPD symptom data		
	MOST	NOMOTC
	% reporting	% reporting
<u>Symptom</u>		
Thoughts of death or suicide	6.47%	10.82%
Thoughts of hurting self/others	6.98%	12.01%
No feelings for babies	6.98%	6.33%
Frantic/scared/panicky	14.99%	12.40%
Chest pains/racing heart/numbness	17.04%	18.07%
Excessive crying	23.51%	28.50%
Worthlessness/self-blame	24.02%	27.31%
Weight loss/gain	27.09%	30.47%
Inability to cope	27.60%	31.93%
Slow body movement/thoughts	31.35%	34.04%
Feeling guilty	33.73%	38.79%
Feeling out of control	35.95%	39.71%
Lack of confidence	36.12%	43.80%
Sad, blue, down	39.18%	49.34%
Difficulty concentrating/deciding	40.20%	41.69%
Sleeplessness/excessive sleep	40.55%	50.26%
Irritability/agitation	50.26%	52.90%
Increased forgetfulness	52.30%	55.28%
Loss of interest in pleasurable activities	56.05%	60.03%
Feeling overwhelmed/worried	60.99%	72.03%
Decreased energy/fatigue	62.18%	62.40%

The percentage of physicians who referred expectant and new mothers of multiples to a support group were only 11.3% of respondents from NOMOTC's survey and 12.60% of MOST's survey.

The highest percentage of mothers affected by PPD were in the youngest age

range		
	NOMOTC	MOST
18-24	75%	71%
25-30	48%	26%
31-35	34%	30%
36-40	44%	31%
41-45	33%	19%
46-50	23%	23%
Over 50	11%	33%

# of Symptoms Indicated	% of Respondents
0	10.90%
1	9.71%
2	6.64%
3	6.81%
4	5.96%
5	4.26%
6	5.45%
7	5.79%
8	4.60%
9	4.43%
10	5.11%
11	5.79%
12	3.07%
13	4.26%
14	2.73%
15	2.56%
16	4.09%
17	2.73%
18	1.70%
19	1.87%
20	0.34%
21	0.68%
22	0.51%
Average # of symptoms 7.32	

Observations and Comments:

MOST believes providing mothers who may be at risk for PPD with a wealth of information and support services is essential. MOST strongly feels new mothers of multiples need increased ancillary support and referral services at the pediatric and family health care provider level as they typically visit those doctors' offices more frequently than their OB-GYNs during the first few years after birth.

