

## **Mental health in pregnant women in Sweden**

Anne-Marie Wangel for the BIDENS group

**Aim** To describe self-reported mental health indicators and to develop a score for mental health status in pregnant women.

**Method** Cross-sectional data was used from the Swedish population of a European cohort study conducted in 6 countries (Belgium, Iceland, Denmark, Estonia, Norway and Sweden). A total of 1 025 pregnant women in Malmoe, Sweden, filled in a questionnaire including background information and validated instruments to measure signs of depression during previous week by Edinburgh Depression Scale (EDS-5) and present health status. History of psychosocial care, medication, abuse, post traumatic stress symptoms (PTSS) and life events was reported for the past twelve months. EDS score was calculated by cut off  $>7$  and  $>8$ . Ethnicity was defined by mother tongue.

**Results** Most women had Swedish as their mother tongue but 215 women (21.4%) had another language than Swedish. EDS at  $>7$  (14.1%) and  $>8$  (9.1%) was more common in foreign than in Swedish women ( $p < 0.0001$ ). Signs of PTSS as having physical ailments, feelings of numbness, avoidance, intrusion and anxiety in the past 12 months were also more common in this group ( $p < 0.0001$ ).

**Conclusion** Pregnant women with another mother tongue than Swedish may have a less favourable mental health status than Swedish women. The algorithm for mental health score is under development using PTSS and other relevant indicators for the Swedish data. As such it will be analysed for associations with delivery outcomes in the whole BIDENS dataset.