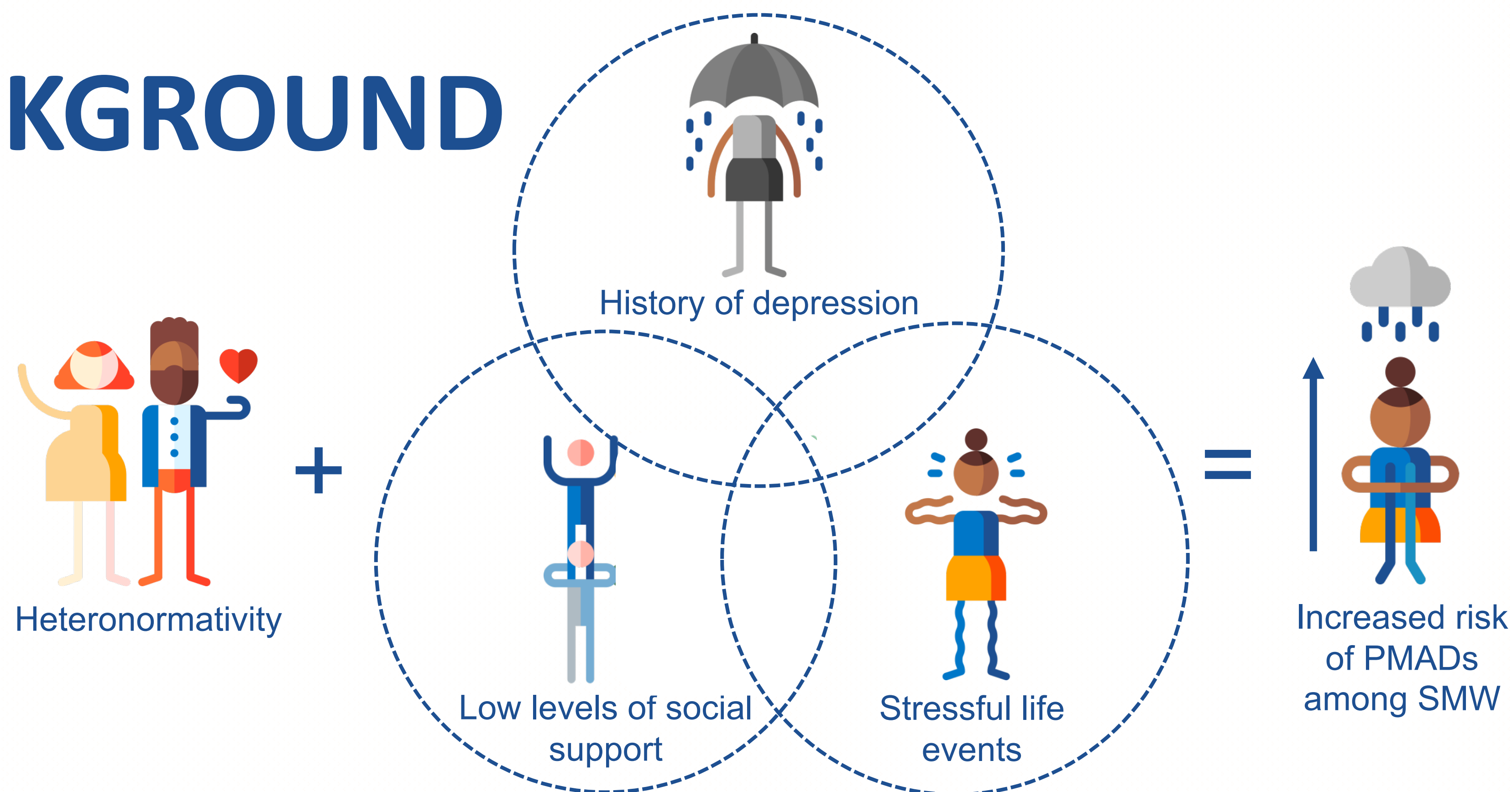


# Perinatal Mood and Anxiety Disorders Among Sexual Minority Women

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## BACKGROUND



## PURPOSE

Synthesize the literature on perinatal mood and anxiety disorders (PMADs) in sexual minority women (SMW)

## METHODS

### Inclusion

**Perinatal:** conception through the first year postpartum

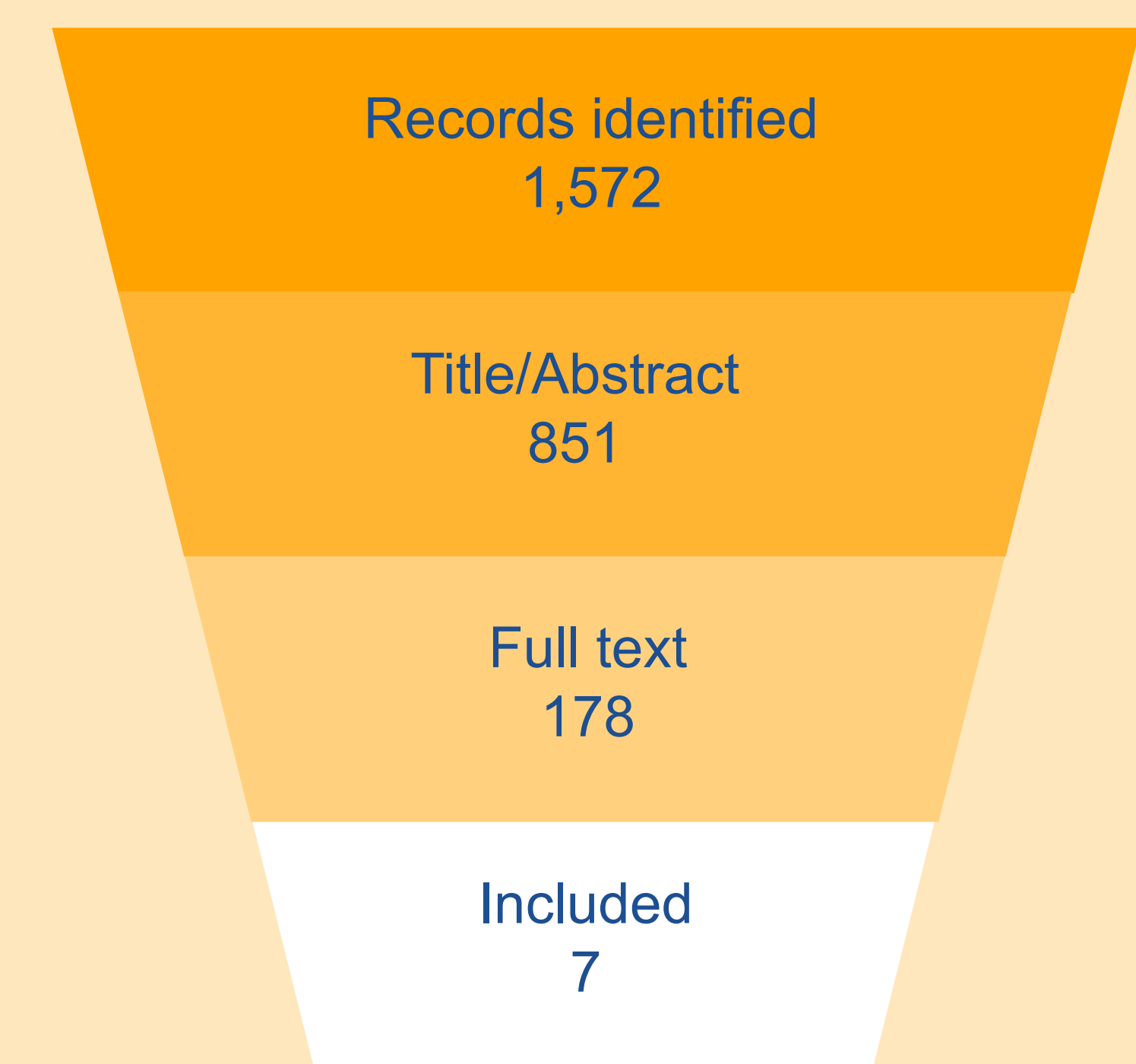
**SMW:** self-identified sexual identity or orientation as a lesbian, bisexual, queer, two-spirit, or another sexual minority status

**PMAD outcome:** cluster of heterogeneous disorders that include major depressive disorder, generalized anxiety and panic disorder, obsessive-compulsive disorder, bipolar disorder, post-traumatic stress disorder, and psychosis

**Quantitative study design:** original research or secondary data analysis of studies that are cross-sectional, cohort, case-control, or mixed in design

**Human subjects & English language studies**

### Search Strategy



Mixed-methods  
 $n = 2$

Prospective Cohort  
 $n = 3$

Cross-sectional  
 $n = 2$

## RESULTS

Risk of bias: poor

### Rates of perinatal depression and/or anxiety were found to be:

- High among SMW
- Higher among bisexual women compared to other SMW
- Normal among SMW using artificial reproductive technology

Caucasian + Partnered



Mean Age

33

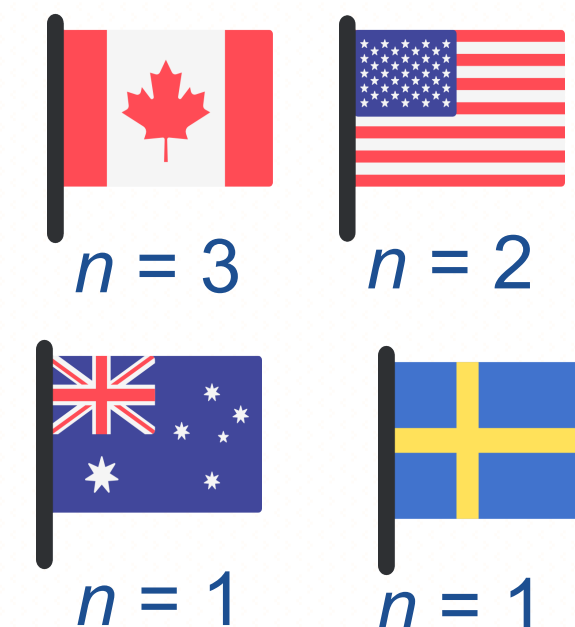
Urban Centers



Studies published between

2008  
–  
2016

Countries sampled



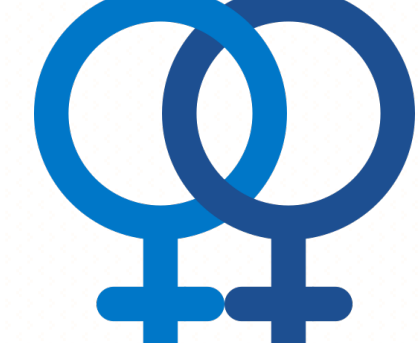
College graduates



Annual income >\$50k



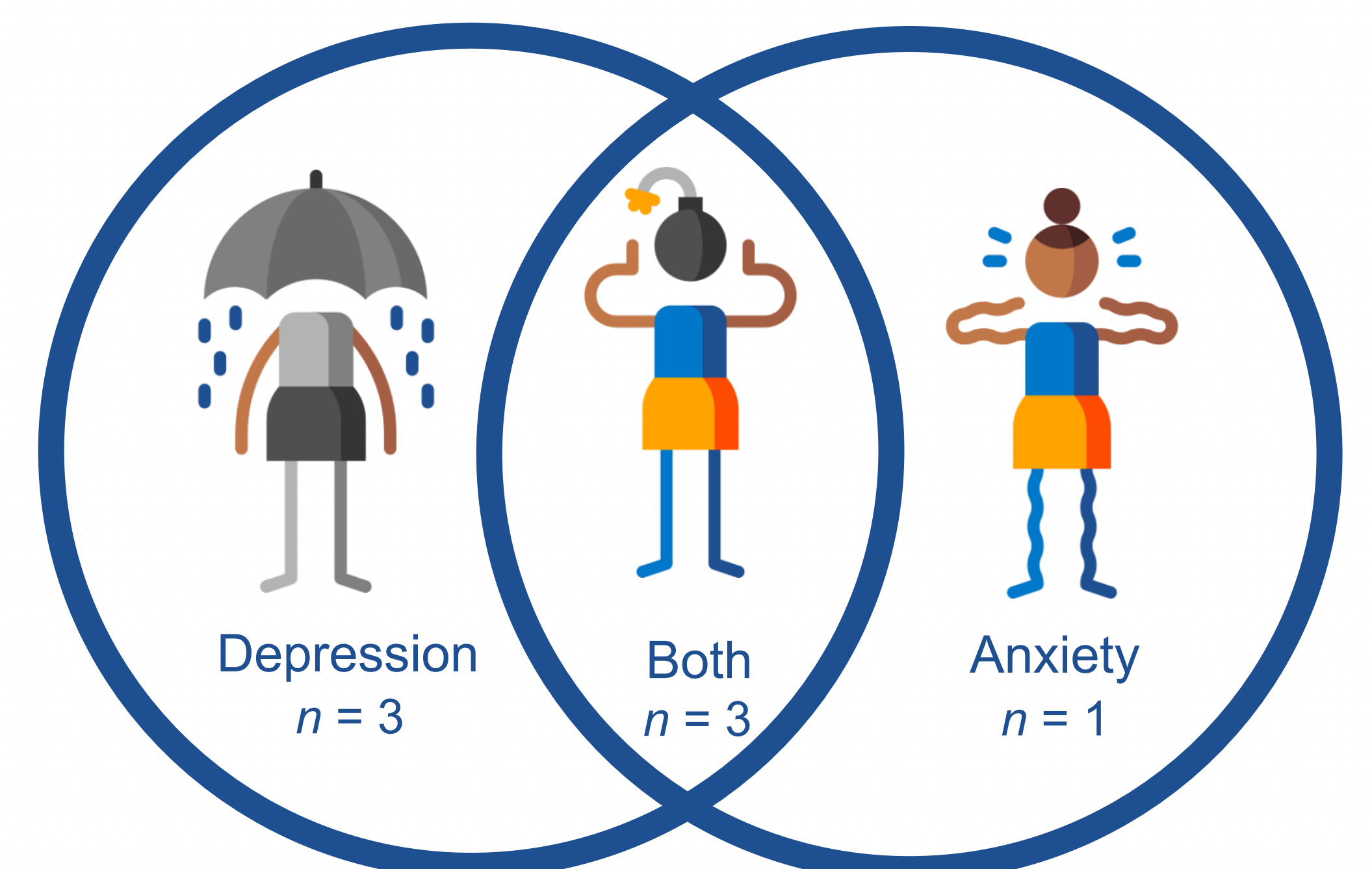
Lesbian-identified



Sample sizes ( $n = 600$  total)

16 – 300

Two studies recruited couples



## IMPLICATIONS



Research is needed to understand the **unique risk and protective factors for PMADs** among this **growing and vulnerable perinatal population**.



**Rigorous study designs, standardized definitions, and large, representative samples** are needed in future studies.