

# Risk & Protective Factors

Maternal Depression Group





# Definitions

- Risk Factors
  - “Characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of negative outcomes”
- Protective Factors
  - “Characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor’s impact. Protective factors may be seen as positive countering events”

*(Risk and Protective Factors, n.d.)*



# Risk Factors

- Previous history of mental disorders such as depression or anxiety
- Negative attitude towards the pregnancy
- Insomnia
- Young age during pregnancy (13-19yrs)
- Glucose metabolism disorders
- Smoking during the prenatal period
- Poor sleep status
- Poor food intake patterns

(Ghaedrahmati, et. al, 2017)



# Protective Factors

- Adequate income
- Social support
- Full time employment
- Partnered relationship status
- Positive relationship with food and sleep

(Mollard, et. al, 2021)



# References

Ghaedrahmati, M., Kazemi, A., Kheirabadi, G., Ebrahimi, A., & Bahrami, M. (2017). Postpartum depression risk factors: A narrative review. *Journal of education and health promotion*, 6, 60.  
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