Occurrence of Depression and Anxiety in Pregnant Women with Multiple Sclerosis

People with multiple sclerosis (MS) are known to have an increased prevalence of depression and anxiety. However, the occurrence of depression and anxiety associated with pregnancy in women with MS is not clear.

**Study question**
What is the occurrence of depression and anxiety during the pre- and postnatal period in women with MS?

Prospective population-based cohort study

- 546 women diagnosed with MS
  - MS diagnosis before pregnancy: 140
  - MS diagnosis after pregnancy: 308

Detection of depression and anxiety
Assessment of risk factors for depression
MS-groups vs non-MS group
Statistical analysis with odds ratio (OR) estimation

**Norwegian Mother, Father and Child Cohort study**

Women diagnosed with MS have increased risk of perinatal depression

- Increased risk of depression and anxiety during pregnancy
- Increased risk of depression and anxiety associated with pregnancy

- Risk factors:
  - Adverse socioeconomic factors
  - History of psychiatric disease
  - History of physical/sexual abuse

- Pre-pregnancy symptoms: 98
- Post-pregnancy symptoms: 308

Risk of depression

- MS before pregnancy
- Higher risk of depression in 3rd trimester in women with MS before pregnancy

- MS after pregnancy
- Increased risk of postpartum depression
- MS with symptom onset within 5 years after pregnancy

Increased risk of depression and anxiety

**Increased risk, OR = 2.0 (95% CI=1.2-3.1)**