

Perinatal Mental Health

for MULTIPLE BIRTH families

Information for **health professionals** about multiple birth parents and Postnatal Depression (PND)

The information that follows is compiled from Tamba's Health and Wellbeing Survey 2016.

ONE IN FIVE

In our survey 20% of multiple-birth parents had experienced PND. That's 1 in 5.

TRIPLETS

Parents of triplets were more likely than parents of twins to develop PND.



SINGLE

In our survey parents who were single were more likely to suffer PND (25%).

COMPLICATIONS DURING PREGNANCY

Parents dealing with complications during pregnancy were almost twice as likely to develop PND.

These conditions included Hyperemesis Gravidarum (severe morning sickness), pre-term labour and TTTS (Twin to Twin Transfusion Syndrome).



MENTAL HEALTH HISTORY

Personal or family history of any mental health conditions showed a highly significant link to PND.

Those with a history of mental health problems such as depression, OCD (Obsessive Compulsive Disorder) and eating disorders reported a PND incidence of 33%.

This is more than 2½ times higher than those with no history (13%), and over 1½ times higher than the average.

ANTE-NATAL CLASSES FOR MULTIPLES

Those who did not attend multiple-specific ante-natal classes were more likely to suffer PND (23%).

Those who did attend multiple-specific ante-natal classes were less likely than average to suffer PND (18%).



OLDER CHILDREN

Parents surveyed who also had older children were more likely to develop PND (23%) than those whose multiples were their only children (19%).

YOUNGER PARENTS

In our survey the age group with the highest rate of PND was the 20 to 30 year-olds (25%). The lowest rate of PND was amongst 41 to 50 year-olds (15%).

PAST PND

A previous history of PND was the biggest single factor for those currently suffering PND (48%).



PATERNITY LEAVE

The average amount of paternity leave taken by multiple-birth parents was two to three weeks.



DIAGNOSIS

Around half of those surveyed with PND were self-diagnosed and half were formally diagnosed.



BREASTFEEDING

The incidence of PND decreases as breastfeeding increases.

In our survey, parents who exclusively breastfed were seen to have the lowest rates of PND (17%).



FEEDING CHOICES

Parents of multiples who breastfed received the most support for their feeding choice (82%).

Parents of multiples who bottle-fed received the least support (55%).



Download our PND booklet and watch our videos featuring mums of multiples who have experienced PND at www.tamba.org.uk/parenting/first-year/mental-health

Health Professionals can join our free CPD area at www.tamba.org.uk/health-professionals-welcome