

Background: PRAMS (Pregnancy Risk Assessment Monitoring System) is an ongoing state-level, population-based surveillance system which gathers data on selected maternal behaviors, attitudes, and experiences before, during, and shortly after pregnancy. In 2022, the SDOH (Social Determinants of Health) supplement, consisting of 12 questions, was added to the PRAMS survey, and included topics such as food insecurity, housing, access to health care, mental health, and racism. Among the 1,298 responses to the PA PRAMS survey in 2022, all completed the SDOH questions. Respondents to PRAMS may choose to not respond to all survey questions. Additionally, some questions include skip patterns and therefore may not be answered by all respondents, while other questions allow for multiple response options.

For more information, please contact PA PRAMS by email: RA-DHPAPRAMS@pa.gov



Mothers indicated, since their babies were born, whether they felt they needed mental health services, such as counseling, medications, or support groups to help with feelings of anxiety, depression, grief, or other issues.



- 29.5% of mothers felt they needed mental health services.
- 36.7% of mothers who felt they needed mental health services were not able to get the mental health services they needed.

Figure 1. Need for mental health services by racial group:

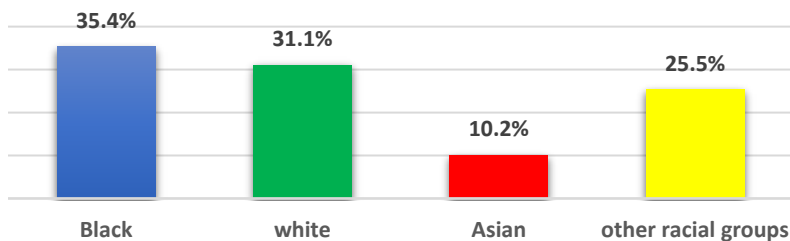
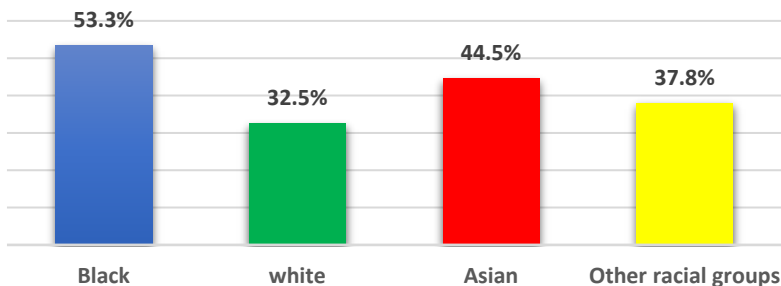


Figure 2. Percentage of mothers who reported not being able to get the mental health services they needed by racial group:

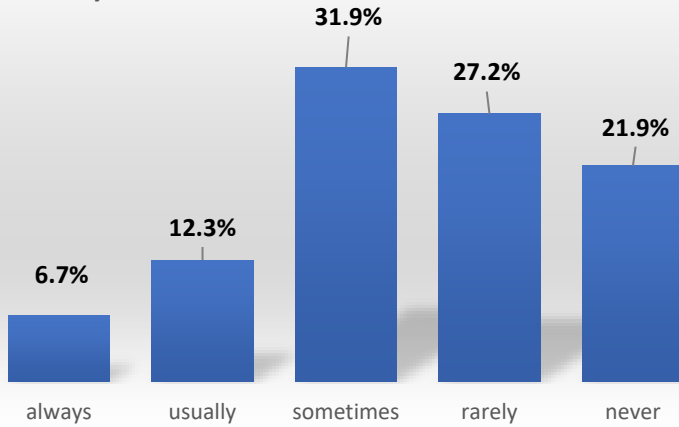


Top 5 reasons mothers did not get the mental health support they needed:

- 48% did not have time
- 34.5% did not know where to go to get services
- 29.6% could not afford the cost
- 28.9% other (non-specific) reasons
- 16.7% of mothers were concerned they may have to take medicine



Figure 3: Percentage of mothers who indicated feeling stress (tense, restless, nervous, or anxious, or unable to sleep) within the last 30 days.



Percentage of mothers who reported sometimes/usually/always feeling stress within the last 30 days:

- 53.9% among rural mothers and 50.1% among urban mothers
- 45.3% among married mothers and 61.1% among unmarried mothers
- 47.6%, 51.3%, and 50.3% among mothers in the age group of ≤19 years old, 20-34 years, and ≥35 years old, respectively

PPD (postpartum depression) is always screened for, but PPA (postpartum anxiety) is just as important and scary for a new mother.

– PRAMS respondent

Percentage of mothers reported they never/rarely get the social and emotional support they needed during the last 12 months:

- 19.0% among Asian and 19.7% among other racial group mothers vs. 9.5% among white mothers
- 8.6% among married vs. 18.2% among unmarried mothers
- 19.6% among Hispanic vs. 10.6% among non-Hispanic mothers
- 21.3% among mothers with a high school diploma vs. 5.4% among mothers with a BS/higher degree

Figure 4: Percentage of mothers who indicated getting the social and emotional support they needed during the last 12 months:

