

PREVALENCE OF MILD MENTAL DISORDERS DURING NORMAL PREGNANCY

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Abstract:

This article focuses on the prevalence of mild mental disorders, such as anxiety, depression, and stress, among pregnant women during a normal pregnancy. The article examines key factors that contribute to the development of these disorders, including hormonal changes, social support, and the physical condition of women. It provides research data highlighting differences in prevalence rates based on region and levels of social support. The authors conclude that timely diagnosis and emotional support for pregnant women are essential to prevent complications in the postpartum period.

Keywords: mental disorders, pregnancy, anxiety, depression, stress, social support.

Introduction

Pregnancy is a unique period in a woman's life, accompanied by significant physical and psychological changes. During pregnancy, various mental disorders may arise, ranging from mild anxiety and depression to more serious forms of disorders. It is important to understand how frequently such mild mental disorders occur and what factors may contribute to their development.

The purpose of this article is to examine the prevalence of mild mental disorders, such as anxiety, depression, and stress, among women during normal pregnancy, as well as to study the factors influencing their development.

1. Mental disorders during pregnancy: definition and classification

- ✓ Mental disorders that arise during pregnancy can be categorized into several types:
- **Anxiety disorders:** characterized by excessive worry, nervousness, and tension.
- **Depression:** a condition accompanied by feelings of sadness, loss of interest in life, fatigue, and sleep disturbances.
- **Stress:** may result from concerns about the baby's health, changes in family status, or financial difficulties.

2. Factors contributing to the occurrence of mild mental disorders

- ✓ Many factors can contribute to the development of mental disorders during pregnancy, including:
 - **Hormonal changes:** Pregnancy causes significant hormonal fluctuations, which can affect mood and mental state.
 - **Social factors:** Lack of social support, family conflicts, or work-related issues can exacerbate stress.
 - **Physical condition:** Physical discomfort, pregnancy complications, or constant fatigue can trigger emotional tension.

3. Prevalence of mild mental disorders among pregnant women

According to various studies, about 20-25% of women experience mild forms of mental disorders during pregnancy. Anxiety disorders and depression are the most common issues. The table below provides data on the prevalence of different types of mild mental disorders among pregnant women in various countries:

Country	Anxiety Disorders (%)	Depression (%)	Stress (%)
USA	18	12	10
United Kingdom	20	15	12
Russia	22	14	11
China	16	10	9
Uzbekistan	25	18	13

These data show that the issue of mild mental disorders affects a significant number of women worldwide.

4. Methods for diagnosing and preventing mental disorders during pregnancy

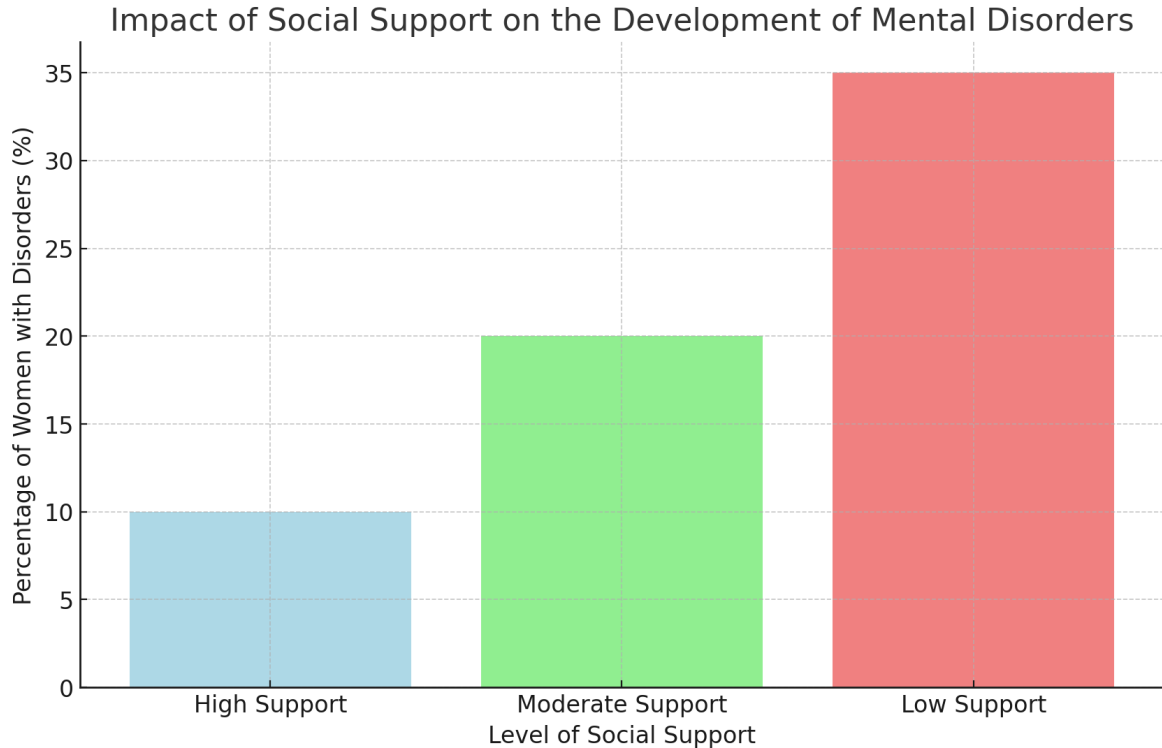
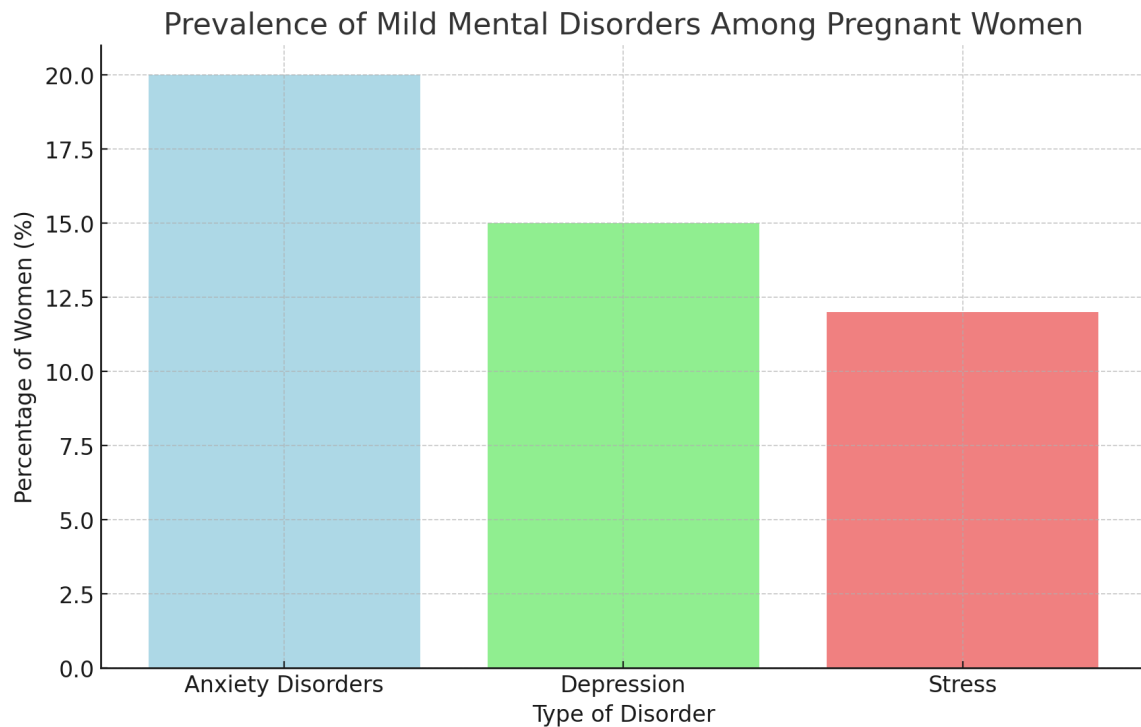
- ✓ The following tools are used to diagnose mild mental disorders:
 - **Anxiety and depression scale:** simple questionnaires that help identify symptoms of depression and anxiety.
 - **Monitoring emotional state:** regular visits to a doctor allow for tracking the psychological condition of the pregnant woman.
- ✓ Prevention includes:
 - **Psychological support:** regular consultations with a psychologist or psychotherapist.
 - **Physical activity:** moderate physical activities, such as yoga or swimming, help manage stress.
 - **Proper nutrition and sleep regimen:** ensuring the necessary intake of vitamins and adequate rest also contribute to improving mental well-being.

5. Consequences of untreated mild mental disorders

- ✓ Ignoring mild mental disorders during pregnancy can lead to complications for both the mother and the child. Some possible consequences include:
 - Increased risk of postpartum depression.
 - Deterioration of the mother's overall well-being and sleep disturbances.
 - Negative impact on fetal development due to stress and heightened anxiety.
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6. Diagrams and Charts

Below are diagrams illustrating the prevalence of mild mental disorders among pregnant women across various categories:



Conclusion

Mild mental disorders during pregnancy are a widespread issue that requires the attention of healthcare professionals and society. Regular psychological support for pregnant women, timely

diagnosis, and effective preventive measures can significantly reduce the risk of developing such disorders. It is crucial to understand that the mental health of the mother plays a key role in the well-being of the future child, and therefore its support should be a priority.

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