



## Age-Related Anxiety and Self-Assessment of the Risk of Perinatal Depression

Kazumi Daisuke\*

Department of Psychiatry, Kyoto College of Medical Science, Nantan, Kyoto, Japan

### ABOUT THE STUDY

In Japan, suicide is the leading cause of maternal death. The suicide rate among pregnant and postpartum women in Tokyo's 23 wards is 8.7 per 100,000 births, which is greater than the US (2.0 per 100,000 births) and the UK (2.8 per 100,000 births). Perinatal Depression (PD) has a global prevalence of 17.7%, however it varies widely from country to country. In Japan, the prevalence of Parkinson's disease has been estimated to be between 4.0%-27.0%. However, it was recently reported that 102 pregnant and postpartum women committed suicide over the course of a two-year period, shocking the public. In Japan, it is estimated that 16,000 pregnant women require mental health care for a year after giving birth.

The Perinatal Mental Health Consensus Guide was produced by the Japanese Society of Perinatal Mental Health, and the municipality has begun to finance postpartum health care, including PD screening. PD risk factors included maternal anxiety, stress, depression history, lack of social support, unintended pregnancy, first pregnancy (primipara), current physical or psychiatric illness treatment, emergency caesarean section, and low satisfaction with the birth experience, according to several reports.

Anxiety during pregnancy might vary from person to person, but our research found a significant pattern across age groups. According to a previous study in Japan, the number of suicides among pregnant women was high in the second month of pregnancy, implying that the current study's findings could be

relevant for PD preventative initiatives aimed at reducing suicide during pregnancy and 56% of those who took part in the survey were between the ages of 30 and 39. The results of these research participants could be generalizable to the population of women experiencing pregnancy and childbirth in Japan, given the average age of first childbirth in Japan (30.7 years old) in 2016.

When it came to anxiety during pregnancy, the worry about "will the baby be born safely?" was the most common among pregnant women in their 20s and 30s, split by age groups. Those under the age of 19 were most concerned about money and financial problems, while those over the age of 40 were most concerned about the baby's physical health at birth. These findings revealed that many pregnant mothers were more concerned about their children's safety during childbirth than about their own health. Because new difficulties can arise at any time during pregnancy, it is vital to increase mothers' self-awareness of their health circumstances.

Pregnant women over the age of 40 were the most concerned about foetal abnormalities and the safety of their unborn child. Maternal age at the time of pregnancy is increasing in developed countries, including Japan, and concern about foetal abnormalities is likely to rise further in the future. In 2013, the Japan Society of Obstetrics and Gynecology introduced noninvasive prenatal testing as a clinical study and charged \$1,800 per test at accredited institutions. Pregnant women aged 35 and up, as well as those with chromosomal abnormalities, could take part in the study.

**Correspondence to:** Kazumi Daisuke, Department of Psychiatry, Kyoto College of Medical Science, Nantan, Kyoto, Japan, E-mail: daisuzumi@kcms.edu.jp

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