

Version 2: June 8<sup>th</sup>, 2016

## A Research Study looking at Risk Factors for Anxiety and Mood Disorders in Pregnancy and the Postpartum Period

Sunnybrook Health Sciences Centre, Mount Sinai Hospital and the Centre for Addiction and Mental Health are partnering to learn more about maternal mental health and risk factors for emotional difficulties during this period. With your help, we will examine the contribution of different aspects of emotional well-being, particularly the nature of anxiety and mood problems, at four different time points: 1) during the first trimester 2) during the third trimester and 3) in the early postpartum phase and 4) in the late postpartum phase. The results of this study will help to identify potential risk factors that could ultimately lead to early detection and treatment.



**We are currently recruiting pregnant women in their first trimester to participate in this study.**

### Participation involves:

1. Potentially providing a **saliva sample** for genetic testing during the first trimester or late postpartum.
2. Undergoing **telephone interviews** to determine whether you may have symptoms consistent with mood and/or anxiety disorders
3. The completion of web-based **questionnaires**

*Through your participation we hope to gain a better understanding of the underlying causes of mood and anxiety problems in the perinatal period.*

**For more information please contact:**

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