

YouGov /This Morning Survey Results

Sample Size: 585 mothers

Fieldwork: 20th - 22nd December 2005

%

Have you ever suffered from Post Natal Depression (PND)?

No, never	56
Yes, but only mildly	23
Yes, at worst it was of medium intensity	10
Yes, at worst it was severe	6
All suffering from PND	39
Not sure	5

(Remaining question to those who have suffered from PND; n = 260) Did you ever keep your PND a secret from your husband/ partner?

Yes, some or all of the time, even though I knew I had PND	18
Yes, because I was unaware at the time I had PND	42
No, my husband/partner was aware I had PND	40

Different people have different reasons, and sometimes more than one, for keeping their PND secret. Which of these apply to you? [Tick all that apply]

I was ashamed and worried that my husband/ partner might think I was a bad mother	48
I was afraid of the consequences of admitting I suffered from PND	48
I did not want to believe I had PND	40
I was unaware of the condition	4
None of these/ not sure	2

Who was the first to recognise your PND?

You	39
Doctor	11
Another member of the family/ friend	7
Midwife	7
Your partner	5
Someone else	3
Nobody recognised it at the time	20
Can't remember	7

Did you receive treatment when you were first diagnosed as suffering from PND?

Yes – it was prompt and the treatment was good	27
Yes – it was prompt, but the treatment was poor	11
Yes – it was not prompt, but it was good	8
Yes – it was not prompt, and it was poor	7
No – I had to wait for up to 6 weeks	5
No – I had to wait for 6 weeks to 3 months	5
No – I had to wait 3 months or over	8
No - did not receive any treatment / I am still waiting	30

(To those who received treatment; n = 136) How was your PND treated? [Tick all that apply]

Drugs	61
Therapy / Counselling	35
Homeopathic treatment	3
Some other treatment	20

(To all who have had PND) What effect, if any, did your PND have on each of the following relationships?

Your child/ children

No effect	33
Some effect	40
Big effect	15
Not sure	12

Your husband/partner

No effect	19
Some effect	40
Big effect	32
Not sure	9

The rest of your family & friends?

No effect	35
Some effect	38
Big effect	9
Not sure	18

When you had PND, did any of the following happen? [Tick all that apply]

I feared I would harm myself	17
I actually harmed myself	6
I feared I would harm my baby	23
I actually harmed my baby	1
I feared I would harm my partner	8
I actually harmed my partner	3
None of these applied	61

How long did your PND last? (If you suffered from PND after the birth of more than one baby, please say how long it lasted the FIRST time you suffered it.)

Less than six weeks	25
Between six weeks and three months	24
Between three months and one year	25
More than one year	17
Not sure	9

Did your mother tell you whether she ever suffered from PND?

She told me that she did suffer from PND	7
She told me that she did not suffer from PND	8
She did not tell me whether or not she suffered from PND	68
Don't know	17

Has, or did, PND put you off having another baby?

Yes, it has /did	14
No, it has not /did not	79
Not sure	7