

Annex B – Details of surveys

I-MUM (Integrated Maternal Perinatal Mental Health Care) Survey

Led by Dr Elaine Quah, Senior Research Fellow, Division of Obstetrics and Gynaecology, KKH

Objective

To assess:

- Perinatal mental health literacy in terms of knowledge, attitudes, and help-seeking among perinatal women.

Method

- Online questionnaire

Target audience

- 600 pregnant women (from the first to the third trimester) and women up to 12 weeks post-delivery

Period of survey

- September to November 2022

Findings

- 12% of pregnant women and 28% of postnatal women were screened positive for depression
- 39% of pregnant women and 46% of postnatal women had depressive symptoms
- 48% of pregnant women and 57% of postnatal women were screened positive for anxiety
- 62% did not receive mental health assessments or education from their primary obstetrician and gynaecologist or any other healthcare professionals
- Only 16% would approach a healthcare professional if they were experiencing mental health symptoms
- 97% were aware of mental health disorders
- 94% were aware of the benefits that healthy lifestyle habits have on mental health wellness
- 99% agreed on positive benefits of mental health education
- 88% agreed on positive benefits of mental health screening
- 95% agreed that it is useful to have mental health guidelines for mothers
- 34% did not know or were unsure of signs and symptoms of mental health disorders

- 23% did not know or were unsure about the adverse outcomes of mental health disorders on pregnancy and child health

Conclusion

There is a high prevalence of antenatal and postnatal depression and anxiety amongst women, but mental health awareness is poor. These findings indicated a need for the Singapore Perinatal Mental Health Guidelines to better support and educate mothers.

I-DOC (Doctor's Knowledge, Attitudes and Perceptions of Perinatal Mental Health) Survey

Led by Dr Elaine Quah, Senior Research Fellow, Division of Obstetrics and Gynaecology, KKH

Objective

To assess:

- Knowledge, attitudes, perceptions and practices towards perinatal mental health amongst obstetrics and gynaecology doctors.

Method

- Online questionnaire

Target audience

- 53 doctors specialising in obstetrics and gynaecology

Period of survey

- September to November 2022

Findings

- 98% and 94% of doctors in the antenatal and postnatal period respectively, reported that patients rarely/sometimes report mental health issues or symptoms
- 89% and 66% of doctors in the antenatal and postnatal period respectively, never or seldom initiate a discussion about mental health with their patients
- 85% are not confident/somewhat confident about providing advice on mental health
- 66% do not perform routine screening for mental health
- 94% were not aware of any guidelines on perinatal mental health for the Singapore population
- 40% were not aware of the adverse pregnancy or child developmental outcomes related to mental health issues
- 98% agreed that a set of standardised Singapore Perinatal Mental Health Guidelines will be useful for healthcare workers and patients
- 100% agreed that educating patients on mental health is important and that screening during pregnancy and post-pregnancy is important
- 28.3% seldom recommend healthy lifestyle habits for mental health
- 21% would only make recommendations if patients initiated a discussion about mental health

Conclusion

There is a need for a set of Perinatal Mental Health Guidelines for healthcare professionals to increase their levels of knowledge, as well as confidence and skills in the detection and management of maternal and perinatal mental health.