

Summary for families and stakeholders

Mental Health During Late Pregnancy and Postpartum in Mothers With and Without Type

1 Diabetes: The ENDIA Study

ENDIA mums might (or might not!) recall that we asked about stress and mental health during the pregnancy and early postnatal period. This is because having a baby and type 1 diabetes can each be associated with an impact on mood and stress.

We compared the well-being and mental health of participating mums with and without type 1 diabetes. Data showed that mums with type 1 diabetes received frequent multidisciplinary review and support according to best Australian practice.

Mental health and well-being was good for most women. Reassuringly, mental health scores were similar for women with and without type 1 diabetes during pregnancy and postpartum.

About 90% of mums had mental health scores where further assessment was not required. About 7% of women with and without type 1 diabetes were prescribed anti-depressant or anti-anxiety medications before, during or after pregnancy. The well-being of the women with type 1 diabetes did not relate to their level of blood glucose control.

The results are reassuring especially given the challenges women with type 1 diabetes often face during their pregnancy. We did not measure stressors specific to the self-care of diabetes, such as increased blood glucose monitoring and frequent insulin adjustment.

This is the largest international study to report on the mental health of pregnant women with type 1 diabetes. This was acknowledged by publication in a top-of-field diabetes journal, *Diabetes Care*.

You can read the full paper [here](#).

Hear Dr Thomson provide a one-minute summary: [presentation](#).

Mental health during pregnancy and post-partum in mothers **with type 1 diabetes** and **without type 1 diabetes**: the ENDIA study

