

HOW DIGITAL PLATFORMS MAKE A DIFFERENCE

# Supporting mental health during pregnancy

**Maven's recent study finds that digital health platforms can help pregnant people better manage their mental health**

The road through pregnancy is far from straightforward. Pregnant people have to deal with new and unfamiliar physical changes, often accompanied by unpredictable fluctuations in their mental health. While postpartum depression, which occurs after an individual gives birth, is a relatively well-known issue, up to **25% of pregnant people** experience depression or anxiety during their pregnancy as well.

And despite how common anxiety and depression are for pregnant people, few receive treatment. Untreated mental illness can have severe effects on the health of a parent and their children, but **some studies** estimate that as few as 1% of pregnant people receive treatment for depression during their pregnancy. What's more, **studies show** that untreated mental health conditions in a birthing parent can lead to:



- Hypertensive disorders, like preeclampsia
- Anemia and diabetes
- Preterm labor and birth
- Newborns with low birth weight
- Increased complications during pregnancy and birth

## Why aren't more pregnant people getting mental health support?

**Shortage of local providers**  
Close to half of the U.S. population lives in areas with a shortage of mental health professionals, meaning there are not enough available psychologists, psychiatrists, and therapists to meet the mental health needs of the local population.

**Insufficient screening**  
35% of pregnant people are not screened for mental health conditions during pregnancy by their provider.

**Limited education**  
Many pregnant people **are unaware** of the signs and symptoms of depression and anxiety, meaning they may not recognize the need to seek help.

**Social stigma**  
Stigma around mental health, especially from family and friends, prevents pregnant people from seeking mental health support.

# How Maven supports mental health care for pregnant people

Maven's recent study set out to examine if—and how—digital prenatal services can address the gaps in care listed above, improving management of anxiety and depression during pregnancy.

## OUR FINDINGS

# 12.5%

of all members report that Maven helped them manage their anxiety and/or depression during pregnancy

Members who report improved mental health management were more likely to have<sup>1</sup>:

- Read articles on Maven
- Met with Maven providers
- Sent messages to Care Advocates

<sup>1</sup>After controlling for medical and demographic characteristics



indicated that Maven helped them manage their anxiety and/or depression



Members both with and without an existing mental health condition reported improved mental health management

Our findings show that digital health is well-positioned to support pregnant people's mental health, whether or not they have an existing mental health condition. Maven's Care Advocates and specialized mental health providers create a supportive environment for members, providing the on-demand care members need to manage or avoid symptoms of depression or anxiety. Clinically-vetted content and classes further provide members with the resources they need to navigate a tumultuous stage of life. Finally, if members already see an in-person provider for chronic depression or anxiety care, Maven can be an invaluable resource between sessions by providing additional support and educational content.

Digital health solutions like Maven can serve as a powerful supplement to traditional pregnancy care, helping members recognize symptoms of depression and anxiety and better manage their mental health. Maven is an essential partner for health plans and employers as they look to support the mental and physical health of their employees and members during pregnancy—and beyond.

Learn more about Maven at [mavenclinic.com](https://mavenclinic.com).