

Maternal Mood and Anxiety Effects on the Fetal Non-stress Test

#008

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Objectives:

Previous studies have suggested that acute mood states may influence levels of fetal activity on ultrasound. This study's aim was to see if a similar association exists with fetal nonstress test (NST) results that may influence their interpretation.

Methods:

In this longitudinal cohort study, we recruited women undergoing NST in the third trimester and compared the results of the NST between women with scores above and below the cutoff values on validated screening questionnaires for depression and anxiety, the PHQ-9 and GAD-7. Demographic information was collected from each participant at the time of recruitment, and medical information was extracted from their electronic medical records.

Results:

43 women were recruited for this study to date. The most common indications for antepartum testing were maternal hypertensive disorders (31%) or other maternal medical disorders (36%). Four women (9.3%) screened positive for depression and 39 (92.7%) screened negative. No difference was seen in time to reactivity, number of accelerations, number of fetal movements, or heart rate baseline between women who screen positive for mood disorders and those who do not.

Conclusions:

Fetal heart rate patterns are similar in women with and without symptoms of mood disorder. While the cohort is being expanded through additional data collection, these results provide reassurance to providers that acute symptoms of perinatal anxiety and depression do not have significant effects on the fetal nonstress test.

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Disclosures:

None.