

## **Birth Trauma: Causes and Consequence of Childbirth-Related PTSD**

**Kathleen Kendall-Tackett, Ph.D., IBCLC, FAPA**

[Kkendall@gmail.com](mailto:Kkendall@gmail.com)

[www.KathleenKendall-Tackett.com](http://www.KathleenKendall-Tackett.com)

Alcorn, K. L., O'Donovan, A., Patrick, J. C., Creedy, D., & Devilly, G. J. (2010). A prospective longitudinal study of the prevalence of post-traumatic stress disorder resulting from childbirth events. *Psychological Medicine*, 40, 1849-1859.

Armstrong, D. S., Hutton, M. H., & Myers, J. (2009). Parents' psychological distress after the birth of a subsequent healthy infant. *Journal of Obstetric, Gynecologic, and Neonatal Nursing*, 38, 654-666.

Ayers, S. (2007). Thoughts and emotions during traumatic birth: A qualitative study. *Birth*, 34(3), 253-263.

Ayers, S., Eagle, A., & Waring, H. (2006). The effects of childbirth-related post-traumatic stress disorder on women and their relationships: A qualitative study. *Psychology, Health & Medicine*, 11(4), 389-398.

Ayers, S., Harris, R., Sawyer, A., Parfitt, Y., & Ford, E. (2009). Posttraumatic stress disorder after childbirth: Analysis of symptom presentation and sampling. *Journal of Affective Disorders*, 119, 200-204.

Beck, C. T. (2004). Posttraumatic stress disorder due to childbirth. *Nursing Research*, 53, 216-224.

Beck, C. T. (2011). A metaethnography of traumatic childbirth and its aftermath: Amplifying causal looping. *Qualitative Health Research*, 21. doi: 10.1177/1049732310390698

Beck, C. T., & Gable, R. K. (2012). A mixed methods study of secondary traumatic stress in labor and delivery nurses. *Journal of Obstetric, Gynecologic, and Neonatal Nursing*, 41(6), 747-760. doi: 10.1111/j.1552-6909.2012.01386x

Beck, C. T., Gable, R. K., Sakala, C., & Declercq, E. R. (2011). Posttraumatic stress disorder in new mothers: Results from a two-stage U.S. national survey. *Birth*, 38(3), 216-227.

Beck, C. T., & Watson, S. (2008). Impact of birth trauma on breast-feeding. *Nursing Research*, 57(4), 228-236.

Berntsen, D., & Rubin, D. C. (2006). The centrality of event scale: A measure of integrating a trauma into one's identity and its relation to posttraumatic stress disorder symptoms. *Behavior Research and Therapy*, 44(2), 219-231.

Declercq, E. R., Sakala, C., Corry, M. P., & Applebaum, S. (2008). *New mothers speak out: National survey results highlight women's postpartum experiences*. New York: Childbirth Connection.

Elmir, R., Schmied, V., Wilkes, L., & Jackson, D. (2010). Women's perceptions and experiences of a traumatic birth: A meta-ethnography. *Journal of Advanced Nursing*, 66(10), 2142-2153.

- Feeley, N., Zelkowitz, P., Cormier, C., Charbonneau, L., Lacroix, A., & Papageorgiou, A. (2011). Posttraumatic stress among mothers of very low birthweight infants 6 months after discharge from the neonatal intensive care unit. *Applied Nursing Research*, 24, 114-117.
- Figley, C. (1986).
- Ford, E., & Ayers, S. (2009). Stressful events and support during birth: The effect on anxiety, mood, and perceived control. *Journal of Anxiety Disorders*, 23, 260-268.
- Friedman, M. J., Resick, P. A., Bryant, R. A., & Brewin, C. R. (2011). Considering PTSD for DSM-5. *Depression & Anxiety*, 28, 750-769.
- Grajeda, R., & Perez-Escamilla, R. (2002). Stress during labor and delivery is associated with delayed onset of lactation among urban Guatemalan women. *Journal of Nutrition*, 132, 3055-3060.
- Kendall-Tackett, K. A. (2010). *Depression in new mothers: Causes, consequences and treatment options*, 2nd Edition. London: Routledge.
- Lev-Wiesel, R., Daphna-Tekoah, S., & Hallak, M. (2009). Childhood sexual abuse as a predictor of birth-related posttraumatic stress and postpartum posttraumatic stress. *Child Abuse & Neglect*, 33, 877-887.
- Modarres, M., Afrasiabi, S., Rahnama, P., & Montazeri, A. (2012). Prevalence and risk factors of childbirth-related post-traumatic stress symptoms. *BMC Pregnancy and Childbirth*, 12(88). doi: <http://www.biomedcentral.com/1471-2393/12/88>
- Rowlands, I. J., & Redshaw, M. (2012). Mode of birth and women's psychological and physical wellbeing in the postnatal period. *BMC Pregnancy and Childbirth*, 12(138). doi: <http://www.biomedcentral.com/1471-2393/12/138>
- Seng, J. S., Kohn-Wood, L. P., McPherson, M. D., & Sperlich, M. A. (2011). Disparity in posttraumatic stress disorder diagnosis among African American pregnant women. *Archives of Women's Mental Health*, 14(4), 295-306.
- Seng, J. S., Low, L. K., Sperlich, M. A., Ronis, D. L., & Liberzon, I. (2011). Posttraumatic stress disorder, child abuse history, birth weight, and gestational age: A prospective cohort study. *British Journal of Obstetrics & Gynecology*, 118(11), 1329-1339.
- Seng, J. S., Low, L. M. K., Sperlich, M. A., Ronis, D. L., & Liberzon, I. (2009). Prevalence, trauma history, and risk for posttraumatic stress disorder among nulliparous women in maternity care. *Obstetrics & Gynecology*, 114(4), 839-847.
- Soderquist, I., Wijma, B., Thorbert, G., & Wijma, K. (2009). Risk factors in pregnancy for post-traumatic stress and depression after childbirth. *British Journal of Obstetrics & Gynecology*, 116, 672-680.
- Stramrood, C. A., Paarlberg, K. M., Huis in 'T Veld, E. M., Berger, L. W. A. R., Vingerhoets, A. J. J. M., Schultz, W. C. M. W., & Van Pampus, M. G. (2011). Posttraumatic stress following childbirth in homelike- and hospital settings. *Journal of Psychosomatic Obstetrics & Gynecology*, 32(2), 88-97.
- Stramrood, C. A., van der Velde, J., Doornbos, B., Paarlberg, K. M., Weijmar Schultz, W. C. M., & Van Pampus, M. G. (2012). The patient observer: Eye-Movement Desensitization and Reprocessing for the treatment of posttraumatic stress following childbirth. *Birth*, 39(1), 70-76.

- Tedeschi, R. G., & Calhoun, L. G. (2004). Posttraumatic growth: Conceptual foundations and empirical evidence. *Psychological Inquiry*, 15(1), 1-18.
- Tham, V., Ryding, E. L., & Christensson, K. (2010). Experience of support among mothers with and without post-traumatic symptoms following emergency caesarean section. *Sexual & Reproductive Healthcare*, 1, 175-190.
- Vanderbilt, D., Bushley, T., Young, R., & Frank, D. A. (2009). Acute posttraumatic stress symptoms among urban mothers with newborns in the neonatal intensive care unit: A preliminary study. *Journal of Developmental & Behavioral Pediatrics*, 30, 50-56.
- Verreault, N., Da Costa, D., Marchand, A., Ireland, K., Banack, H., Dritsa, M., & Khalife, S. (2012). PTSD following childbirth: A prospective study of incidence and risk factors in Canadian women. *Journal of Psychosomatic Research*, 73, 257-263.