



URGENT MEDIA RELEASE

RESEARCH FROM IMPERIAL COLLEGE LONDON HIGHLIGHTS LONGTERM PTSD, ANXIETY AND DEPRESSION FOLLOWING MISCARRIAGE AND ECTOPIC PREGNANCY

New research released today in the American Journal of Obstetrics and Gynaecology*, has highlighted the long term effects of PTSD, Anxiety and Depression that is suffered following people suffering a miscarriage or an ectopic pregnancy.

The research looked at 650 women, 537 of whom had suffered a miscarriage (pre-12-week's gestation) and 116 had suffered an ectopic pregnancy. The scientists from Imperial College London and KU Leuven in Belgium completed a joint research project and found that:

1-month following loss:

- 29% of women reported suffering with Post Traumatic Stress
- 24% of women reported suffering with moderate to severe Anxiety
- 11% of women reported suffering with moderate to severe Depression

9-months later, it was reported:

- 28% of women reported suffering with Post Traumatic Stress
- 17% of women reported suffering with moderate to severe Anxiety
- 6% of women reported suffering with moderate to severe Depression

These results highlight the long-term effects that baby loss have, and back up a smaller study conducted in 2016.

Jessica Farren, an obstetrician and gynaecologist at St Mary's Hospital in London who (with colleagues) conducted the research says that the psychological effects of loss are often "brushed under the carpet" and that "we have a problem on our hands that we haven't up until now properly acknowledged or looked to treat."

These figures back up a survey conducted by the Mariposa Trust. The survey which was conducted with people who had not only suffered an 'early term' loss (pre-12-week's gestation), but also people that had suffered a late term miscarriage (up to 24-week's gestation), stillbirths, neonatal and early years loss, saw that

- **41% of women reporting they suffered PTSD for a time following baby loss**
- **36% of women reporting they still were suffering with PTSD following baby loss**
- **50% of women reporting they suffered clinical depression following baby loss ****

These are huge issues, and the long term impact on these individuals (and their partners) sees many suffering significant and ongoing mental health issues, often with little or no access to counselling, therapy or support through the NHS, and sees them scrabbling around to find the support they so desperately need.

Zoe Clark-Coates BCAh, the co-founder and International CEO of the Mariposa Trust says “For a long time, women and their partners have suffered with PTSD, Anxiety and Depression often in silence, as baby loss has been such an isolating experience. This research will help so many people feel that they are not alone in their feelings, and help them to know that their plight is being listened to.”

In 2018, Zoe was appointed by the Secretary of State for Health to co-chair the Government’s ‘National Pregnancy Loss Review’, which is looking at among many other things, the care and support of anyone who suffers the bereavement of a child during pregnancy and in her capacity as co-chair commented “This is a topic that is being acknowledged, and is part of the long-term plan of care being suggested by the review.”

Since the Mariposa Trust was launched in 2012, the charity has developed six divisions, which now provide support that is accessed by over 50,000 people a week globally. Many of these people engage with the charities bereavement support and befriending team who get alongside families providing resources, information and advice. As part of its work, the charity engages with the Department of Health, as well as the Government, MP’s, Peers, and other departments to seek changes to policy and procedures, that will allow these parents to access the long term support.

*Jessica Farren is the author of ‘Post-traumatic stress, anxiety and depression following miscarriage and ectopic pregnancy: a multi-center, prospective, cohort study’ released in the American Journal of Obstetrics and Gynaecology

**Survey conducted by the Mariposa Trust in August 2017

More information on the Mariposa Trust can be found at www.sayinggoodbye.org, and all press enquiries should be sent to press@sayinggoodbye.org.