



INTRAOPERATIVE PAIN DURING CESAREAN DELIVERY AND PERINATAL MOOD AND ANXIETY DISORDERS

A POTENTIALLY MODIFIABLE RISK FACTOR FOR PERINATAL MOOD DISORDERS

Rachel Pinkhasov, BS

SOAP Annual Meeting
May 2026, Montréal Canada

BACKGROUND

PDCD AND PMADS

- Pain during cesarean delivery (PDCD)
 - Common and distressing complication
 - Leading cause of anesthesia-related maternal litigation¹
- Known associations with mental health complications
 - Acute distress disorder
 - Post-traumatic stress disorder
- Unknown association with perinatal mood and anxiety disorders (PMADs)²



Study Objective: Characterize the relationship between PDCD and risk of developing PMADs

STUDY DESIGN

PDCD AND PMADS

- Retrospective observational study
 - Population
 - Patients undergoing cesarean delivery under neuraxial anesthesia
 - Groups
 - Patients with and without self-reported PDCD, based on postpartum day 1 survey
 - Outcomes
 - Primary Outcome:
 - Diagnosis of post-partum anxiety (PPA) and post-partum depression (PPD) within one year of delivery
 - Secondary Outcomes:
 - Incidence of PDCD, conversion to general anesthesia, pain scores, adjuvant treatment
 - Statistical Analysis
 - Associations were analyzed using Fisher's exact tests, with odds ratios (OR)



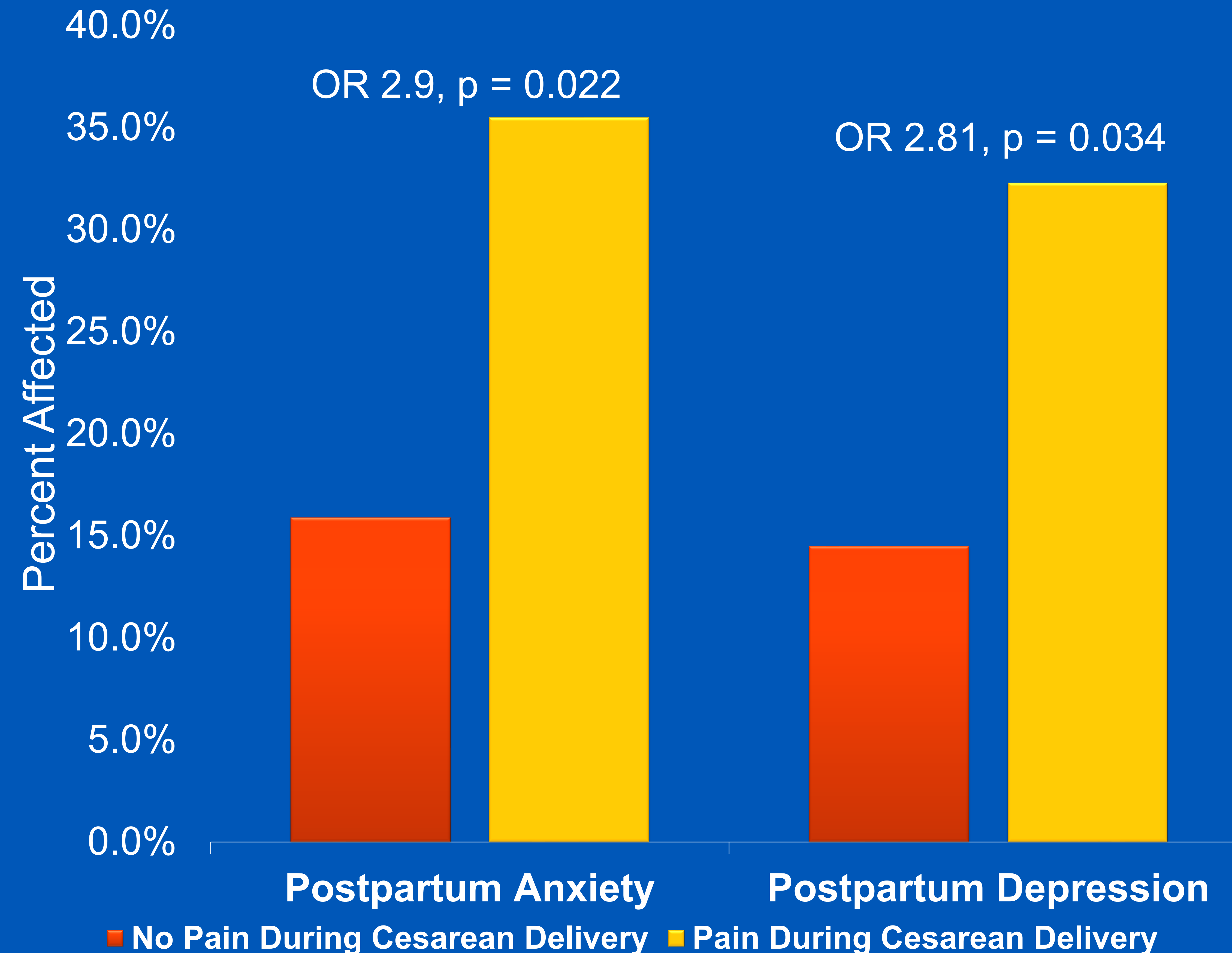
RESULTS

PDCD AND PMADS

N = 169

- PDCD incidence
 - 18.3% (31/169 patients)
- Primary Outcomes
 - Significantly higher odds of PPA and PPD with PDCD
- Secondary Outcomes
 - GA Conversion
 - PDCD Group: n=6 (19.4%)
 - No PDCD: n= 6 (4.3%)

Association between PDCD and PMADs



CONCLUSIONS

PDCD AND PMADS

- PDCD is associated with increased odds of both PPA and PPD
- PDCD may represent a modifiable risk factor for PMADs
 - Clinical Implications
 - Need to optimize intraoperative pain control
 - Targeted postpartum follow-up and mental health screening



REFERENCES

1. McCombe K, Anaesthesia 2018; 73:223–230.
2. Kountanis JA. Anesth Analg 2024; 139:1156–1158

OUR TEAM



Rebecca McEvoy, BS
Medical Student, Mayo
Clinic Alix School of
Medicine



Rachel Pinkhasov, BS
Medical Student, Mayo
Clinic Alix School of
Medicine



Hans Sviggum, MD
Associate Professor of
Anesthesiology



Leslie Carranza, MD
Assistant Professor of
Obstetrics and
Gynecology



Emily E. Sharpe, MD
Professor of
Anesthesiology