

Position Statement on Improving Reproductive Psychiatry Training Across Specialties

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Issue:

The majority of women are within their reproductive years. 30% of menstruating individuals have symptoms of PMS and 7% have symptoms severe enough to meet criteria for PMDD. Furthermore, at least 20% of pregnant and postpartum individuals, and 40% of perimenopausal individuals develop new or worsening psychiatric illness and psychiatric illness is the most common cause of maternal mortality in pregnancy and postpartum. Despite the high prevalence, health economic reports demonstrate no end to the large gap in adult psychiatrists to meet the demand for psychiatric care; furthermore, survey studies demonstrate a lack of comfort and training in reproductive psychiatry among psychiatrists, obstetrician gynecologists and primary care physicians.

APA Position:

It is the position of the APA that psychiatry, obstetrics and gynecology, and primary care residency and fellowship programs should train participants to identify, evaluate, and treat individuals with reproductive psychiatric conditions so they may provide optimal care and address the marginalization of women with reproductive psychiatric illness and address workforce shortages in this area.

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