

Pregnant women fitting the following criteria will be eligible for participation in the PIMACS study:

1. Less than 26 weeks pregnant
2. Current or past depression or anxiety
3. Live within 60 miles of the University of Michigan Medical Center (UMMC)
4. No current eating disorders
5. No current treatment of polycystic ovarian syndrome (a condition that often causes menstrual periods to stop or be irregular), lupus, diabetes or congenital adrenal hyperplasia (a condition that often causes excessive hair growth on face and irregular menstrual periods)
6. No past/present substance abuse or alcohol dependency
7. Not currently using insulin, heparin, or oral steroids, including steroid nasal sprays and asthma inhalers regularly
8. Planning to live within 60 miles from UMMC for the next 2 years
9. Speak and read English fluently
10. You must not have an adoption or surrogacy plan