List of abbreviations

AA – Antenatal Anxiety
ACTH - Adrenocorticotropic Hormone
ADHD- Attention Deficit Hyperactivity Disorders
AD- Antenatal Depression
APA- American Psychiatric Association
BV- Bacterial vaginosis
CAM – Complimentary Alternative Therapies
CES-D- Center for Epidemiologic Studies Depression Scale
CMD- Common Mental Disorders
CRH- Corticotrophin-releasing hormones
CWS- Cambridge Worry Scale
DSM-IV – Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition
EPDS- Edinburgh Postpartum Depression Scale
FHR -Fetal Heart Rate
GA- Gestational Age
GAD - Generalized anxiety disorder
GDM- Gestational Diabetes Mellitus
GHQ- General Health Questionnaire
GT - Glucose-Tolerant
GI - Guided Imagery
HPA axis - Hypothalamo-pituitary-adrenal axis
HDP- Hypertensive Diseases in Pregnancy
IMR – Infant Mortality Rate
IQ – Intelligent Quotient
IUGR-Intra Uterine Growth Retardation
IVF- In Vitro Fertilization
LBW – Low Birth Weight
MGH centre - Massachusetts General Hospital Center
MHI- Mental Health Inventory
MMR- Maternal Mortality Rate
NICE- National Collaborating Centre for Women's and Children's health
NVP- Nausea, vomiting during pregnancy
PD- Panic Disorder
PIH - Pregnancy Induced Hypertension
PMR- Progressive Muscle Relaxation
PNMS -Prenatal Maternal Stress
PPD- Post partum depression
PPH- Post Partum Hemorrhage
PSA- Pregnancy Specific Anxiety
PTD- Preterm Delivery
QOL – Quality Of Life
SGA- Small for Gestational Age
SF-36 – Short Form Health Survey-36
SNRI - Serotonin-Nor epinephrine Reuptake Inhibitors
SSRI - Selective serotonin reuptake inhibitors
STAI- State Trait Anxiety Inventory
TSST - Trier Social Stress Test
UN-United Nations
WHO- World Health Organization