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**Post-traumatic stress disorder**

## Share your experiences of how early miscarriage impacted on your mental health

**If you have experienced PTSD, anxiety or depression following a miscarriage, we would like to hear from you**



▲ Did your miscarriage have a long-term impact on your mental health? Photograph: Alamy

**Guardian community team**

Wed 15 Jan 2020 11.28 GMT



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A new study has suggested that one in six women suffer post-traumatic

stress disorder (PTSD) as a result of having an early miscarriage. The study of 650 women, [conducted by Imperial College London and KU Leuven in Belgium](#), found that almost a third of women showed symptoms of PTSD a month after the miscarriage and 18% at nine months. Others experienced anxiety and depression as a result.

This raises the question of whether women are supported enough around early miscarriages. Given that most women do not share the news of their pregnancy until the 12-week scan, after which the risk of miscarriage reduces, many go through it without family, friends and colleagues knowing.

### **Share your experiences**

Have you had a miscarriage? Did it have a long-term impact on your mental health? Do you think enough support is available? Share your experiences with us below.

You can get in touch by filling in the encrypted form below, anonymously if you wish. Only the Guardian will see your responses, some of which we will include in our journalism.

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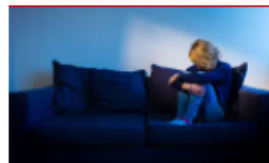
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