Psychosocial Impact of Hyperemesis Gravidarum

83% of women with hyperemesis gravidarum experience at least one negative psychosocial impact. When treating these women, caregivers should be aware of the frequency and diversity of the psychosocial consequences of HG.

Hyperemesis Gravidarum is not self-limiting!

I met wonderful people at HER when I thought I couldn't take it anymore and just wanted to die.
~Natalia, Colombia
If I had terminated (and I thought about that and suicide frequently), it would have been because of not working, being unable to shower or dress alone, feeling miserable, with no hope, depression, and not supported by family or friends.

I was depressed and bedridden for 20 weeks. I wanted to die.

My biggest fear in facing HG again is the loneliness and abandonment I had to deal with. It’s like you stop existing.

Beyond the financial impact of HG, the psychosocial impact is incalculable as many family relationships dissolve and future family plans are limited or pregnancies are terminated. Women often lose their employment because of HG, and women are frequently undertreated and left feeling stigmatized by a disease erroneously presumed to be psychological.

If any of these stories sound familiar, please seek help. You are not alone. It is important to know that there is help available and that you can find support through various resources. Please reach out to a mental health professional, a support group, or a crisis line if you need immediate assistance. Remember, it is okay to reach out for help. You do not have to go through this alone. Next steps are available on the right side of the page.