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A STUDY TO ASSESS THE POSTNATAL DEPRESSION AMONG THE POSTPARTUM MOTHERS DURING PUERPERIUM AT SELECTED AREA OF BHOPAL

Gynecology

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ABSTRACT

A study to assess the postnatal depression among the postpartum mothers during Puerperium at selected area of Bhopal. The present study was aimed to assess the postnatal depression among the post partum mothers during puerperium and to determine the association between depression among the post partum mothers with selected demographic variables. The study was conducted in selected areas of Bhopal (Karondh and Bairagarh), Madhya-Pradesh. Cross sectional descriptive study design, 60 postpartum mothers purposively recruited from the research setting were administered Edinburgh Depression scale. The study revealed 18.33% prevalence of postnatal depression in postpartum mothers. Prevalence of postnatal depression was higher, in the higher and lower age extremes among postpartum mothers. Prevalence of postnatal depression was higher in the low income postpartum mothers ($p<0.05$). There was no statistically significant association between prevalence of postnatal depression and type of family, religion and educational status among postpartum mothers.

KEYWORDS

postpartum mother, postnatal depression

INTRODUCTION:-

Post partum period is the period when the women lead just physiologically and psychologically to motherhood. Emotional responses may also be intense and powerful for experienced as well as for new mothers.

Postpatum depression is an important category of depression, with over 11% of women experiencing major or minor postpartum depression after six weeks postpartum. Postpartum depression (PPD) is an intense and pervasive illness with severe & liable mood swings, and is more serious and persistent than postopartum blues.

Postpartum depression is more likely if the mother experienced a prior episode of PPD with rates of recurrence as low as 25%, and going as high as 70-100% . In addition to personal history of depression, other significant risk factors for onset of PPD have been stated. These includes: having limited social support, having endured stressful life events such as divorce, job loss, death of a loved one, childhood abuse, single parenthood and marital conflict. A personal and family history of depression "are substantial biological risk factors" with small effects in the development of PPD. Other factors related to onset of PPD are: low social economic ststus, obstetric factors such as complication during pregnancy or labor.

The objectives of the study were as following:

- To assess the level of postnatal depression among the post partum mothers during puerperium.
- To determine the association between depression among the post partum mothers with selected demographic variables

Methodology In present study descriptive cross sectional study design was adopted to assess the postnatal depression among the post partum mothers during puerperium at selected area of Bhopal.

Variables

- **Dependent variables**
  Postnatal depression
- **Independent variable**
  Postnatal mothers
- Demographic variables

Characteristics of postnatal mothers such as age, income, education, socioeconomic status and type of family, mode of delivery, gender of the baby.

Setting

The study was conducted in selected areas of Bhopal (Karondh and Bairagarh).

Population

Sample and Sampling Technique

Sample in the present study was selected by purposive sampling technique

Sample size

Total sample size was 60 post partum mothers

Result:-

Most of the postpartum mothers were in the age group of 20-25 years (31.67%) Slightly less than half (43.33%) of the postpartum mothers were graduate/postgraduate. Majority of the post partum mothers (63.33%) belonged to Hindu religion. Slightly less than half (40%) of the mothers had >15000 rupees monthly income Majority of the postpartum mothers (70%) belonged to nuclear family. The mode of delivery for majority of the postpartum mothers (61.67%) was normal. Slightly more than half (55%) of the postpartum mothers delivered baby girl. Data about the complications during pregnancy revealed that majority (71.67%) of the postpartum mothers had no complications during pregnancy whereas 28.33% of the postpartum mothers had complications during pregnancy. Most of the postpartum mothers (93.33%) had no family history of depression whereas only 6.67% had family history of depression. Most of the postpartum mothers (95%) had no history of depression in previous pregnancies whereas only 5% had history of depression in previous pregnancies.

Table 1: Distribution of age among the postpartum mothers

N= 60

Socio-Demographic Characteristic		f(%)
Age in years	<20 years	10(16.67)
	20-25 years	19(31.67)
	26-30 years	17(28.33)
	>30 years	14(23.33)
Educational Qualification	Primary / middle school	19(31.67)
	High / higher school	15(25)
	Graduate / post graduate	26(43.33)
Religion	Hindu	38(63.33)
	Muslim	18(30)
	Christian	04(6.67)

	Sikh	00(00)
	Others	00(00)
Monthly income in rupees	Less than 5000	05(8.33)
	5001-10000	11(18.34)
	10001-15000	20(33.33)
	>15000	24(40)
Type of family	Nuclear family	42(70)
	Joint family	18(30)
Mode of delivery	Normal Delivery	37(61.67)
	Instrumental Delivery	07(11.67)
	Cesarean	16(26.66)
Gender of the baby	Boy	27(45)
	Girl	33(55)
Complications during pregnancy	Yes	17(28.33)
	No	43(71.67)
Family history of depression	Yes	04(6.67)
	No	56(93.33)
History of depression in previous pregnancies	Yes	03(5)
	No	57(95)

Table 2: Postnatal Depression among the postpartum mothers during puerperium

N=60

Postnatal Depression	f(%)
Yes	**11 (18.33%)**
No	**49 (81.67%)**
Total	**60 (100%)**

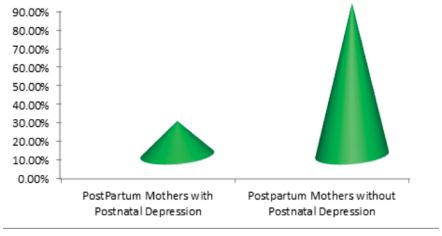


Figure 2: Prevalence of Postnatal depression among postpartum mothers

Table 2 and figure 2 reveals that the prevalence of postnatal depression among postpartum mothers during puerperium. The prevalence of postnatal depression among postpartum mothers was found to be 18.33% as assessed by Edinburgh Depression Scale.

Table 3: Association of age with postnatal depression among postpartum mothers

N=60

Age in years	Postnatal Depression		Total f(%)	χ2 statistics	Significance
	Yes f(%)	No f(%)			
<20 years	**4 (40%)**	**06 (60%)**	**10(%)**	**χ2 = 9.89 P = 0.02***	**p value significant at 0.05 level**
20-25 years	**1(5.26%)**	**18 (94.74%)**	**19(%)**		
26-30 years	**1 (5.89%)**	**16 (94.11%)**	**17(%)**		
>30 years	**5 (35.71%)**	**9 (64.29%)**	**14(%)**		
Total	**11(18.33%)**	**49(81.67%)**	**60(100%)**		

Table 4: Association of religion with postnatal depression among postpartum mothers

N=60

Religion	Postnatal Depression		Total f(%)	χ2 statistics	Significance
	Yes f(%)	No f(%)			
Hindu	**7(18.42%)**	**31 (81.58%)**	**38(100%)**	χ2 = 1.08 P = 0.583	p value non significant at 0.05 level
Muslim	**4(22.22%)**	**14 (77.78%)**	**18(100%)**		
Christian	**0 (0%)**	**04 (100%)**	**04(100%)**		
Total	**11(18.33%)**	**49(81.67%)**	**60(100%)**		

Table 5: Association of educational qualification with postnatal depression among postpartum mothers

N=60

Educational qualification	Postnatal Depression		Total f(%)	χ2 statistics	Significance
	Yes f(%)	No f(%)			
Primary/ Middle	**4 (21.05%)**	**16 (84.21%)**	**19 (100%)**	**χ2 =0.215P =0.898**	**p value non-significant at 0.05 level**
High/Higher School	**03 (20%)**	**12 (80%)**	**15 (100%)**		
Graduate or postgraduate	**4 (15.38%)**	**22(84.62 %)**	**26 (100%)**		
Total	**11(18.33%)**	**49(81.67 %)**	**60(100%)**		

Table 6: Association of monthly income with postnatal depression among postpartum mothers

N=60

Monthly Income	Postnatal Depression		Total f(%)	χ2 statistics	Significance
	Yes f(%)	No f(%)			
<5000/-	**3 (60%)**	**2 (40%)**	**5(100%)**	**χ2 = 15.35P =0.0015** ***	**p value significant at 0.05 level**
5001-10000/-	**5 (45.45%)**	**(54.55%)**	**11 (100%)**		
10001-15000/-	**2 (10%)**	**18 (90%)**	**20 (100%)**		
>15000/-	**1(4.16%)**	**23(95.84%)**	**24(100%)**		
Total	**11(18.33%)**	**49(81.67%)**	**60(100%)**		

Table 7: Association of type of family with postpartum depression among postpartum mothers

N=60

Type of family	Postnatal Depression		Total f(%)	χ2 statistics	Significance
	Yes f(%)	No f(%)			
Nuclear family	7(16.67%)	35(8.33%)	42 (100%)	χ2 = .259 P = 0.610	p value non-significant at 0.05 level
Joint family	4(22.22%)	14(77.78%)	18 (100%)		
Total	11(18.33%)	49(81.67%)	60(100%)		

Conclusion:-

- Ÿ The prevalence of postnatal depression among postpartum mothers was found to be 18.33%
- Age & Monthly income was significantly associated with postnatal depression among postpartum mothers. Prevalence of postnatal depression was higher, in the higher and lower age extremes among postpartum mothers.
- Ÿ Religion & Educational qualification was not significantly associated with the postnatal depression among postpartum mother.
- There was no statistically significant association between prevalence of postnatal depression and type of family among postpartum mothers.

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