

Postnatal Depression – The Prevalence and Determining Factors



Medical Science

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ABSTRACT

The prevalence of postnatal depression and its severity persist as ignored area in many settings. This study has attempted to explore the prevalence rate and factors associated for postnatal depression among postnatal mothers. The setting was a medical college hospital. A sample size of 30 was selected conveniently. The descriptive survey design was used to collect the data. The instrument used was modified Edinburg Postnatal Depression Scale (EPDS) and self-structured questionnaire. The prevalence rate of postnatal depression was 22.5%. About 50% of women demonstrate severe depression. 44% women had average psychological wellbeing. The occupation & parity found to be the associating factors for depression.

Introduction

Postnatal depression is a type of clinical depression which can affect women, and less frequently men, typically after childbirth. Postnatal depression is a common and potentially serious health problem, with adverse consequences not only for the mother's mental health and functioning, but also for the psychological health of the partner and, significantly, for the cognitive and social development of the infant (Cooper, P. J. & Murray, L. 1997).

A surprisingly high number of women have postpartum depression; a high rate of women had considered harming themselves. Most postpartum women with depression are not identified or treated even though they are at a higher risk for psychiatric disorders. It's a major public health problem because a woman's mental health affects her child's physical and emotional development (Marla Paul, 2013).

There is correlation between a mother's race, social class and/or sexual orientation and postpartum depression. Also women with fewer resources indicate a higher level of postpartum depression and stress than those with more financial resources. Rates of PPD decreased as income increased (Segre, Lisa S. et. Al 2006).

Profound lifestyle changes with their first pregnancy, brought about by caring for the infant are also frequently claimed to cause PPD (Nielsen Forman D, et. al 2000).

combination of a high prevalence rate, extended duration of symptoms and a marked adverse effect on health status means that postnatal depression imposes a considerable clinical, social and economic burden at the population level, which is further exacerbated by low levels of case recognition, treatment and public awareness (Cooper, P. J. & Murray, L. 1997 & O' Hara, M., Stuart, S., Gorman, L. L., et al 2000).

Methods

This study adopted non-experimental descriptive design. The post-natal ward of SUM Hospital, Bhubaneswar was the ideal set up to conduct the study where postnatal occupancy was 85%. The tool was prepared, to measure the level of depression and to assess the level of psychosocial well being. The Edinburg postnatal depression scale was modified as required. The Edinburgh Postnatal Depression Scale, a standardized self-reported questionnaire, may be used to identify women who have postpartum depression (Cox J L, Holden J M, Sagovsky R, 1987). The scale contains 4 point rating scale: all the time (3), some time (2), rarely (1), never (0). Total score ranged from 0 to 30 and it was divided as mild, moderate and severe. A self structured questionnaire was prepared on psychosocial health aspect with 3 point rating: Always (0); Sometime (1) and Never (2) and with interpretation by poor, average and good. Reliability of the instrument was insured by Cronbach correlation co-efficient with 'r' value of 0.81 and 0.79 respectively. Data was collected through personal interview from 30 nos. of sample.

Result

Data were analyzed by SPSS software. About 40% of mothers

were of 26-30 years of age primigravida and 76.6 %had LSCS delivery.

Table – 1 Level of depression among postnatal mothers.

Depression	N = 30	%
Mild	6	20.00
Moderate	14	46.60
Severe	10	33.30

The table-1 shows 46.6 % of mothers suffered from moderate level of depression. The mean depression score was 12.8 ± 3.3

Table – 2 Psychosocial wellbeing among postnatal mothers

Wellbeing	N = 30	%
Good	08	26.64
Average	12	39.96
Poor	10	33.30

The table above reveals that 33.30 % of mothers had poor psychosocial wellbeing with mean psychosocial wellbeing 10.± 2.9, About 33.3 % mothers revealed anxiousness and 30% had sleeplessness night & 23% demonstrated poor interest in child care.

Table – 3 Comparing depression within variables

Items	Mild	Moderate	Severe	'F' value	'P' value
Age					
20-25	2	1	2	0.027	0.973
26-30	1	6	5		
>30	3	7	3		
Parity					
Primi	4	12	5	1.470	0.235
Multi	2	2	5		
Occupation					
Employed	3	10	6	0.006	0.935
Housewife	3	4	4		
Income of the family (Rs.)					
5,000 – 20,000	3	7	3	7.459	0.003
20,000 – 40,000	6	5	2		
40,000 and more	4	1	2		

This table shows the difference within the group. The family income shows statistical significance among various income groups.

Table – 4 Association of demographic characteristics with depression

Variable	X ²	Inference
Age	0.13	NS
Literacy	0.83	NS
Occupation	6.13	S
Parity	7.16	S
Type of delivery	1.74	NS
Type of family	0.53	NS
Support system	4.73	S

S- significant at p value < 0.05

Discussion

The present study shows, still today the postnatal mothers suffers from postnatal depression even after much advances in medical technology & awareness. The prevalence rate was 22.5% .Most of the mothers (465.60 %) were moderately depressed, though they were ignored about the fact. Psychosocial wellbeing of many mothers (39.96 %) was average. They (28%) were not interested in child care. Age, type of delivery and family were not the factors directly related for the development of postnatal depression. But occupation, parity, family income & support system were significantly associated with the depression.

Conclusion

The prevalence of postnatal depression among the postnatal mothers still persists in a significant percentage. Mothers are more anxious and apprehensive about their self care and child care after delivery. The working women were depressed for burden of child rearing and low income group also had similarly feelings. The support system played a contributing factor in reduction of depression among postnatal mothers.

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