



A DESCRIPTIVE STUDY TO ASSESS THE PREVALENCE OF POSTNATAL DEPRESSION AMONG POSTNATAL MOTHERS

Obstetrics & Gynaecology

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ABSTRACT

Background And Objectives: Postnatal depression is the most common and serious disorder of the first year after childbirth. Postnatal depression is an important health issue, with not only immediate health effects on the woman and her self-confidence as a mother, but also on her infant's social, emotional, cognitive and even physical development. Postnatal depression (PND) is a severe condition, which can be described as 'a thief who steals maternity'. The objective of the study was to assess the prevalence of postnatal depression among postnatal mothers in GMCH, Guwahati, Assam. **Methods:** A descriptive survey design was adopted for the study. 110 postnatal mothers were selected using convenient sampling technique from the Postnatal, Immunization and Paediatric OPD of Guwahati Medical College Hospital, Assam. Edinburg Postnatal Depression Scale (EPDS) was used to assess the prevalence of postnatal depression. Data was analysed by using the software package named SPSS 20 Version. **Results:** The finding of the study revealed that 7% postnatal mothers had depression and 17% had possible depression. There was significant association between the prevalence of postnatal depression with expectation on gender of current child, birth order of current child and family history of depression. **Conclusion:** The high prevalence rate of postnatal depression highlighted by this study is eye – opener and may be an important contributory factor to high maternal and infant mortality seen in this part of the country.

KEYWORDS

Postnatal depression, Postpartum Depression, Prevalence, Edinburg Postnatal Depression Scale.

INTRODUCTION

Down came the Rain – My journey through Post Partum Depression". -Brooke Shields

Postnatal period is the most common psychopathology and is considered as a serious public health issue because of its devastating effects on mother, family and infant or the child¹ Postnatal depression, also known as postpartum depression is defined as depression with onset usually within 6 weeks of delivery.²

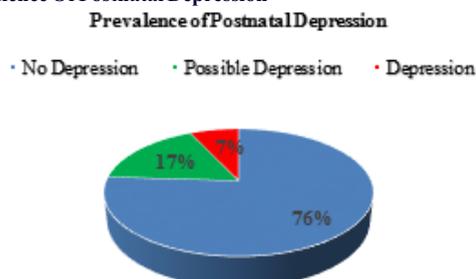
Postnatal Depression is clinical depression which affects women after childbirth. Depression is a mood disorder that affects one in four women at some point during their lifetime. It is a serious mental health problem among women and its consequences have important implications for the welfare of the family and the development of the child. It is important to identify postnatal depression early because, without treatment, it can lead to ongoing depression. It can also have an impact on maternal competence in childcare and has lasting and serious consequences upon the physical and psychological development of child.³

MATERIAL AND METHOD:

An ethical clearance has been obtained from the institution ethical committee. The study was descriptive study conducted in Postnatal, Immunization and Paediatric OPD of Guwahati Medical College Hospital, Assam. The investigator obtained a formal written consent from Principal of GMCH and the HOD of Obstetrics & Gynecology and Pediatric departments. The period of data collection was from 2nd Feb 2019 to 4th March, 2019. 110 postnatal mothers were selected by convenient sampling technique. Edinburg Postnatal Depression Scale (EPDS) was used to assess the prevalence of postnatal depression. The participants were explained that anonymity, confidentiality and privacy will be maintained. The informed consent was taken before the administration of the tool by keeping in mind the ethical aspects of research.

RESULT:

Table.1: Distribution of Postnatal Mother According To Prevalence Of Postnatal Depression



Data presented in figure 1.1 depicts that 8(7%) postnatal mothers had depression, 18(17%) had possible depression and 84(76%) do not have depression.

DISCUSSION:

Objective 1

To Assess The Prevalence Of Postnatal Depression Among Postnatal Mothers

The present study evaluated the prevalence of postnatal depression in mothers. As a result it indicated 7% of postnatal mothers had depression and 17% of postnatal mother had possible depression.

Present study findings are consistent with study findings conducted by Sagar R (2015) on incidence and prevalence of postpartum depression in a rural community of India among 200 of selected women at Ballabgarh. The prevalence of Postpartum Depression was 12% and incidence of Postpartum Depression was 4.4%.⁴

Again, the study findings also supports the study conducted by Rani MA, Shriram V, Shah PB, Sathiyasekaran B (2019) on the prevalence of postpartum depression in rural Southern India among recently delivered women in rural population and the health care utilization pattern for the condition of women. The prevalence of depression among the studied women was 11% and major depression was found 7.4%.⁵

Present study findings are consistent with study conducted by Dubey C (2011) on prevalence and associated risk factors for postpartum depression in women attending a tertiary hospital, Delhi, India. 31 (6%) out of 506 women scored ≥ 10 on the EPDS. Birth of female child, nuclear family structure and poor marital relationship were found to have a statistically significant correlation with peripartum depression.⁶

Objective 2:

To Determine The Clinical Variables Of Postnatal Depression Among Postnatal Mothers

In the present study, the clinical variables were gestational age of the baby at birth, mode of delivery, separated from baby, breastfeeding problems, high risk pregnancy, and presence of support person in family, presence of family history of depression and current planned pregnancy.

Present study finding are consistent with the study conducted by Rajeswari (2017) on prevalence of Postpartum Depression and its associated risk factors among 120 women at Narayana Medical College Hospital, Nellore. The study revealed mode of delivery, high risk pregnancy, family history of depression, sex of the baby, birth order of the baby, gestational age of the baby, separated from the baby, breast feeding, problems with the breast feeding were the associated risk factors for postnatal depression.⁷

Objective 3: To analyze the association between the Postnatal Depression with selected socio-demographic variables

In the present study, while assessing the association between Postnatal Depression with selected socio-demographic variables result of fisher exact test shows that there were significant association between the Postnatal Depression with expectation on gender of current child and birth order of current child.

- Above findings are consistent with the study conducted by Rajeswari (2017) on prevalence of Postpartum Depression and its associated risk factors among 120 women at Narayana Medical College Hospital, Nellore. There was statistically significant association with sex of the baby.⁷
- The findings of the study can be supported by similar study which was done by Kruthika K. (2017) postnatal depression among women availing maternal health services in rural areas of Karnataka, India. The study revealed that there was a statistically significant association between postnatal depression with sex of newborn.⁸

Objective 4: to Analyze The Association Between The Postnatal Depression With Selected Clinical Variables

In present study, association between the Postnatal Depression with selected clinical variables results fisher exact test shows that there were significant association with the family history of depression.

The findings of the present study can be supported by similar study which is done by Rajeswari (2017) on prevalence of Postpartum Depression and its associated risk factors among 120 women at Narayana Medical College Hospital, Nellore. The study revealed that there was a statistically significant association found with family history of depression.⁷

Present study findings are consistent with the study conducted by Kaka AS et al. (2011) on prevalence of postpartum depression in a hospital setting among Malaysian mothers. This study revealed that there was a statistically significant association found with family history of depression.⁹

The findings was supported by the study conducted by Latha V, Priya S Vijaylakshmi k, (2017) on prevalence of postpartum depression among recently delivered women in rural population and the health care utilization pattern for the condition among women. The study revealed that there was statistically significant association found with family history of depression.¹⁰

The finding of the present study can be supported by similar study which is done by Rajeswari (2017) on prevalence of Postpartum Depression and its associated risk factors among 120 women at Narayana Medical College Hospital, Nellore. The study revealed that there was a statistically significant association found with birth order of baby.⁷

CONCLUSION:

The prevalence of postnatal depression is found 7% among postnatal mothers. The high prevalence rate of postnatal depression as have been highlighted by this study are eye – opener and maybe an important contributory factor to high maternal and infant mortality seen in this part of the country. Important contributory factors found in the study were expectation on current gender of child, birth order of current child, family history of depression. It would be prudent to screen mothers of infants for postnatal depression at each contact with the health facility, whether immunization clinics or national programme centers.

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