



Assess The Level Of Postnatal Depression And Associated Risk Factors Among Postnatal Mothers.

A study to assess the level of postnatal depression and associated risk factors among postnatal mothers attending the immunization outpatient department in selected hospitals in Prayagraj, Uttar Pradesh.

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ABSTRACT

The post-natal period is crucial to take care of medical mental health. Postpartum period is common among maternal morbidities after delivery. While women experiencing baby blues tend to recover quickly, PPD tends to last longer and severely affects women's ability to return to normal function. PPD affects the mother and her relationship with the infant. The present study was conducted to assess the level of postnatal depression and associated risk factors among postnatal mothers. The research approach is a quantitative and the research design was descriptive research design analysed by using descriptive statistics. Validity was ensured in consultation with guide and experts in the related fields. The data was collected by using Edinburgh postpartum depression scale and self-structured questionnaire to assess the associated risk factor. From the data analysis, 57.5% of postnatal mothers has moderate depression, 32.5% has mild depression, 10% has minimal or no depression and none has severe depression. The associated risk factors were primigravida, no planned pregnancy, caesarean section, complication during pregnancy, and delivery, history of abortion, availability of family support during pregnancy, domestic abuse, less health advice during pregnancy and the stressful life went in past year. As to conclude, the study provided insight on the overall level of postnatal depression among postnatal mothers and the associated risk factors. There is an urgent need by the health care members to focus on the problems faced by the postnatal mothers leading to postnatal depression.

Index terms: Postnatal depression, risk factors, Postnatal mothers.

INTRODUCTION

"You do not have to suffer in silence or feel ashamed. Our babies need us to be healthy during a time when we are overwhelmed the most". Brittany Willow Mayor

The post-natal period is crucial to take care of medical mental health. In this period, they are prone to mood disorders. There are three common forms of postpartum mood disorders. The postpartum blue is the frequently observed puerperal mood disturbances. Symptoms include fearfulness, mood liability, generalized anxiety, irritability, sleep and appetite disturbances. These conditions do not require treatment. Postpartum depression (PPD) is a term applied to describe depressive symptoms occurring during the first year of the postpartum period and is characterized by low mood, loss of enjoyment, reduced energy, and activity, marked functional impairment, reduced self-esteem, ideas or acts of self-harm or suicide. The women's change into motherhood is a difficult period that involves significant changes in the psychological, social and physiological aspects, and considered increase vulnerability for the development of mental illness.

BACKGROUND OF THE STUDY

The postpartum period is an increased time of risk for serious mood disorders. Postpartum depression is a non-psychotic condition that happens during the first 1 year after childbirth. It usually begins within 1 month of childbirth and may continue for several months. However, it may continue for 4 years after birth. Postpartum depression is manifested by symptoms such as the feeling of unworthy to live, having negative thoughts about the baby, low self-worth and interest, sadness, guilt, anxiety, deeming oneself insubstantial in taking care of the baby, sleeping and eating disorders. In most women, symptoms are transient; however, 10–15% of women experience a persistent form of mood disturbance. Globally, the prevalence of postpartum depression ranges from 0.5% to 60.8%. In developed countries, the prevalence of PPD is about 6–13%. A meta-analysis, including 59 studies from

North America, Europe, Australia, and Japan showed the prevalence of postpartum depression as 13%. In low- and middle-income countries, the prevalence of postpartum depression is approximately 20%.

Depression accounts for the greatest burden of all mental health problems, and is expected to become the second-highest among all health problems by 2020. Postpartum depression (PPD) is a major public health problem with a peak incidence at 4-6 weeks postpartum, affecting 22% of women within a year of childbirth in India. It has an impact on the mother, her partner, the family, mother-baby bonding and the long-term emotional and cognitive development of the baby.

Yearly approximately 10-15 percent adult mothers are affected from postpartum depression. Postpartum period is common among maternal morbidities after delivery. Among these postpartum blues has an incidence of 300-750 per 1000 mothers globally. This condition may resolve within few days to few weeks. The global prevalence postpartum psychosis ranges from 0.82 to 2.6 percent per 1000 births. Globally postpartum depression prevalence in global has been estimated as 100-150 per 1000 births.

PROBLEM STATEMENT

A study to assess the level of postnatal depression and associated risk factors among mothers attending the immunization outpatient department in selected hospitals in Prayagraj, Uttar Pradesh.

OBJECTIVES OF THE STUDY

- To identify the risk factors of postnatal depression.
- To assess the level of postnatal depression.

OPERATIONAL DEFINITIONS

Postnatal Depression: It is major depressive disorder in which there is low mood and aversions activity that can affect a person's thoughts, behavior, feelings, and sense of well-being in the first six weeks following childbirth

Risk factors: It is a variable associated with a increased risk of disease

Postnatal mothers: The postpartum period begins soon after the delivery of the baby and usually lasts six to eight weeks

ASSUMPTIONS

- Postnatal mothers may have stress after delivery in caring for their babies
- There are many associated factors that causes postnatal depression

RESEARCH METHODOLOGY

RESEARCH DESIGN: Descriptive research design

VARIABLES: Research variable – Postnatal depression & risk factors

SETTING OF THE STUDY: Immunization outpatient department of selected hospitals in Prayagraj District.

POPULATION:

TARGET POPULATION

The target population consists of all the postnatal mothers.

ACCESSIBLE POPULATION

Postnatal mothers attending immunization outpatient department of selected hospitals in Prayagraj District.

SAMPLING TECHNIQUE: - The subjects were selected by using non-probability purposive sampling technique.

SAMPLE SIZE: - In this present study, the sample size was 40 postnatal mothers.

CRITERIA FOR SAMPLE SELECTION

In sampling criteria, the researcher specifies the characteristics of the population under study by detailing the inclusion and exclusion criteria.

Inclusion Criteria

Inclusion criteria are characteristics that each sample element must possess to be included in the sample. In the present study the inclusion criteria are:

- Postnatal mothers who are available during the time of data collection
- Postnatal mother who are willing to participate in the study.

Exclusion Criteria

Exclusion criteria mean characteristics that eliminate a potential subject from the study. Exclusion criteria in this present study are:

- Postnatal mothers who had psychiatric issues and treatment before pregnancy.

METHOD OF DATA COLLECTION:

For the present study the instrument used for data collection includes Edinburgh postpartum depression scale which consists of 10 questions. The test can usually be completed in less than 5 minutes. Responses are scored 0, 1, 2, or 3 according to increased severity of the symptom. The total score is determined by adding together the scores for each of the 10 items and self- structured questionnaire to determine the associated risk factors which consist of 14 questions which includes gravida, of mother, planned pregnancy, Mode of delivery, Gender of the baby, Preference regarding gender of baby, Health of a baby, Baby feeding practices, Complications during pregnancy, Complication during delivery, History of abortion, Availability of family support during pregnancy, History of domestic abuse, health advise during pregnancy and Stressful life went in the past year. There was 100% agreement on all items and steps by the experts in content validity of the tool. The subjects were collected from the prefixed settings the purpose of the study was explained to the postnatal mother's confidentiality was assessed to all the subjects to get their cooperation.

METHOD FOR DATA ANALYSIS:

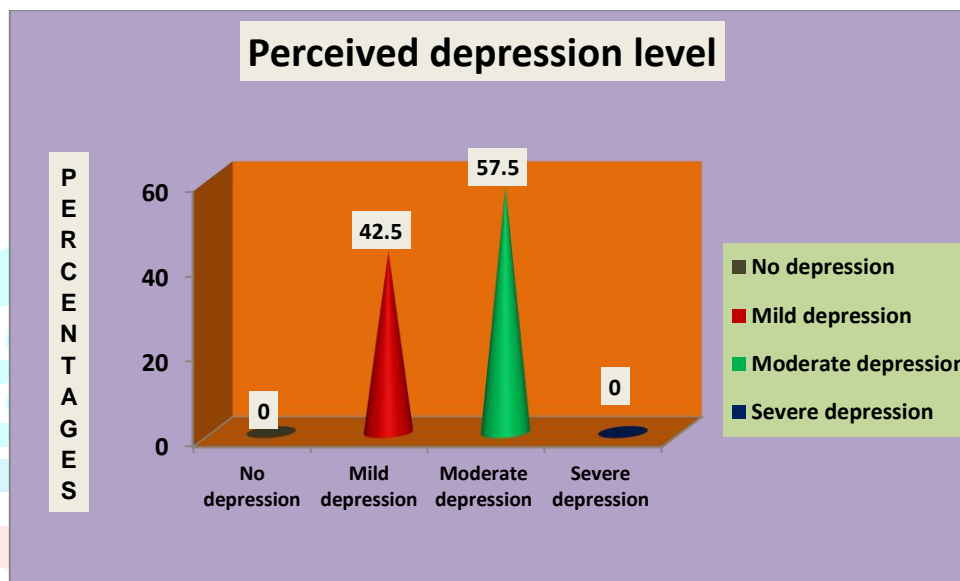
In the present study the investigator planned to analyse the data obtained based on the objectives of the study. The data obtained from 40 participants was planned and analysed using both descriptive and inferential statistics where socio- demographic variables, Overall analysis of level of postnatal depression and associated risk factors among postnatal mothers were analysed by using frequency and percentage.

RESULTS:**Description of subjects according to baseline variables using frequency and percentage.**

Regarding the demographic characteristics of postnatal mothers, among 40 samples, In relation to age of postnatal mothers 60% were in between the age of 31-40 years out of 40 samples while 32.5% were in between age of 21-30 years and 3.5% were in between age of >20 years, in relation to educational status of husband 62.5% are belongs to higher secondary, 35% are belongs to graduate & above, 2.5% are belongs to primary, in relation to educational status of wife 52.5% are belongs to higher secondary, 42.5% are belongs to graduate & above and 5% are belongs to primary, in relation to occupational status 70% are housewife and 30% are employed in relation to income of the family 62.5% belongs to >15000 and 32.5% belongs to 5000-10000 and 5% belongs to 10000-15000, in relation to marital status of mothers 92.5% are married and 7.5% are separated, in relation to family history of psychiatric illness 70% are not having and 30% are having history of psychiatric illness, in relation to type of family 80% are belongs to nuclear family and 20% are belongs to joint family, in relation to types of community 87.5% belongs to urban community and 12.5% belongs to rural community, in relation to religion of the mothers 65% are Hindu and 25% are Muslims and 10% are Christian

Description of level of postnatal depression among postnatal mothers

57.5% of postnatal mothers has moderate depression, 32.5% has mild depression, 10% has minimal or no depression and none has severe depression.

**Description of risk factors associated postnatal mothers**

In relation to gravida of mothers 70% postnatal mothers are multigravida and 30% mothers are primigravida, in regard to planned pregnancy 60% had planned one and 40% had no planned pregnancy, in relation to mode of delivery 75% undergone vaginal and 25% undergone caesarean section, in relation to preference regarding gender of the baby 45% had no preference, 30% got not as expected and 25% got as expected, in relation to health of the baby 72.5% are healthy and 27.5% are sick, in relation to baby feeding practice 72.5% received breastfeeding, 17.5% received animal milk and 10% received mixed milk, in relation to complication during pregnancy 65% had no complication during pregnancy and 35% had complication during pregnancy, in relation to complication during delivery 75% had no complication and 25% had complication, in relation to history of abortion 90% had no history of abortion and 10% had history of abortion, in relation to availability of family support during pregnancy 80% always and 20% often got family support during pregnancy, in relation to history of domestic abuse 100% had no history of domestic abuse, in relation to provide health advise during pregnancy 55% got less and 45% often received health advise during pregnancy and in regard to stressful life went in past year 80% had stress and 20% had no stress.

CONCLUSION

Postpartum depression is a considerable public health problem and the most common complication of childbearing age that affect approximately 10 –15 % of postpartum women. For the mother, untreated postpartum depression can have a prolonged adverse effect for the mother and her children

As to conclude, the study provided insight on the overall level of postnatal depression among postnatal mothers and the associated risk factors. There is an urgent need by the health care members to focus on the problems faced by the postnatal mothers leading to postnatal depression.

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