

"A Journey through life's tunnel"-Prevalence Of Postnatal Depression Among Postnatal Mothers



"Assessment Of Prevalence Of Postnatal Depression Among Postnatal Mothers"

AUTHOR: Sumitra Melinamani

Affiliation: St.Luke's College Of Nursing ,Maharashtra University Of Health Sciences



INTRODUCTION

Postpartum depression is an affective disorder that can occur after delivery. Women who have suffered from postnatal depression are much more likely to have depression again in subsequent frequencies 50-100%. Researchers from north-western medicine reported in JAMA psychiatry that postpartum depression affects approximately 1 in every 7 new mothers.

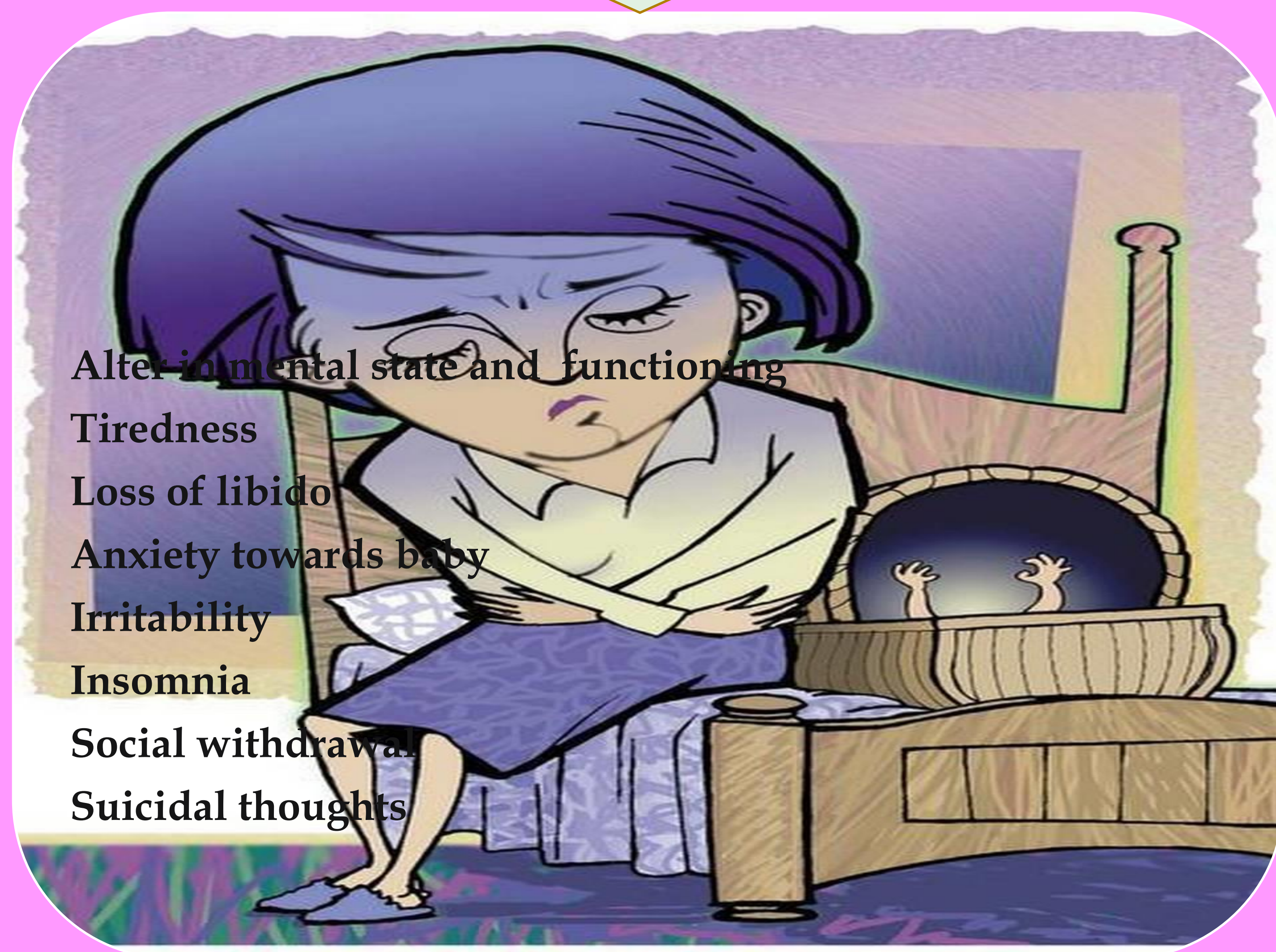
RATIONALE

The incidence of postnatal depression in India is 10-20%. There are some risk factors which are associated with postnatal depression such as, abortion, low socioeconomic status, female child, disturbed family, unwanted childbirth. These factors could affect the mental health of the mother and family too.

Symptoms of postnatal depression



Alter in mental state and functioning
Tiredness
Loss of libido
Anxiety towards baby
Irritability
Insomnia
Social withdrawal
Suicidal thoughts



OBJECTIVES

- To assess the prevalence of postnatal depression among postnatal mothers.
- To find out association between level of depression and demographic variables.



RESEARCH METHODOLOGY

Design: The study used Univariate descriptive design.

Setting: BLDEA's Hospital Bijapur, Karnataka, India

Sample: 105 postnatal mothers

Sampling Technique: Convenient sampling technique.

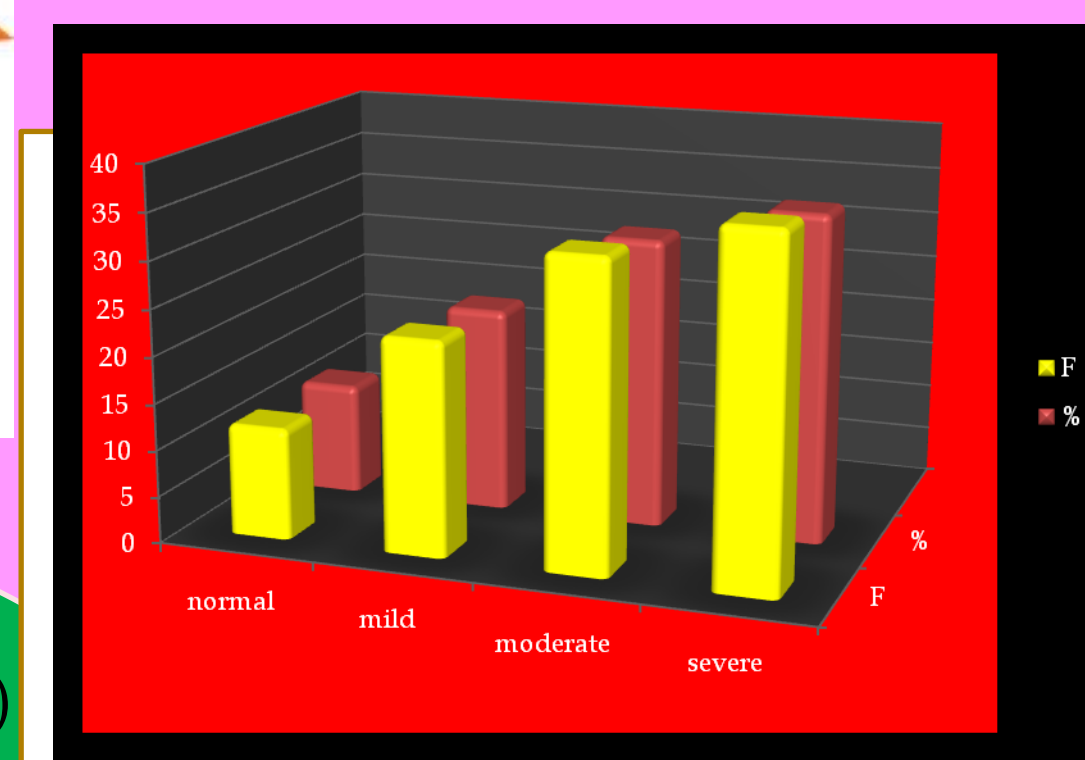
Tools used: Edinburgh postnatal depression scale

Data Analysis: Descriptive and Inferential Statistics like chi square was used

RESULTS



- out of 105 samples 12 (12%) were normal, 23 (22%) mothers had mild depression, 33 (31%) mothers had moderate depression and 37 (35%) mothers had severe depression.
- There is significant association between age and postnatal depression (p value 0.05)
- but there is no significant association between education, occupation, income, religion and total number of pregnancy and postnatal depression (p < 0.05).



CONCLUSION

The study concluded that 88% mothers are suffering from postnatal depression and there is significant association between age of the mother and postnatal depression. Findings of the study are helpful to midwives and nursing students to prevent the occurrence of postnatal depression.

References:

- Supriya Hegde, Lata, Bhat, Sharma, "Postpartum depression "prevalence and associated risk factors among women in India", September 17 2012
- Gabbe, Steven, Jennifer R, Joe Leigh Simpson. "Obstetrics" normal and problem pregnancies" 4th ed, Philadelphia: W.B Saunders company, 2002
- Ryan, Kenneth J. Ross S Berkowitz, Robert L Barberi, "Gynaecology and women's health" 7th ed, 1999
- D.C. Dutta, "Text book of obstetrics" 6th ed 2004, Hiralal editors, Page No 443

