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## PREVALENCE OF POSTPARTUM DEPRESSION AMONG POSTNATAL MOTHERS ATTENDING IN TEACHING HOSPITAL BIRGUNJ

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### INTRODUCTION

Post partum depression is depression that occurs soon after having a baby. Some Health professionals call it postpartum non psychotic depression. The postpartum Blues are considered as normal part of early motherhood and usually goes away within 10 days after deliver. However some women has worse symptom that last longer. This is called postpartum depression. (Subedi, 2015)

Postpartum depression is one of the highest incidence problems among postpartum mental health disturbances which emerges at the 2–8 weeks of postnatal period, can continue up to 1 year, and has ability to transform to psychosis. (Tambang, Turan, Tolum & Can, 2018)

Worldwide, statistics shows that 450 million people are seriously affected by neurological and mental illness ranking depression as the fourth

principal cause for disability and premature deaths and by the year 2020, depression is predicted to be the second leading cause of disability. Globally, about 10% of pregnant women and 13% of women who just gave birth are suffering from mental health problems. It is higher in developing countries where 15.5% develop mental illness during pregnancy and 19.8% after childbirth continuing to affect the welfare of mothers, their babies, partners and family members. (Fantahun, Cherie, Deribe & Leul, 2018)

### Objectives of the study

#### General objective:

The general objective of the study was to assess the prevalence of postpartum depression among postnatal mothers attending in Teaching Hospital, Birgunj.

#### Specific objectives:

The specific objectives of the study were:

To assess the prevalence of postpartum depression among postnatal mothers attending in Teaching Hospital Birgunj

To determine the association between prevalence and selected socio-demographic variables

### **Significance of the study**

The findings will help to estimate the prevalence of postpartum depression among postnatal mothers.

The findings will help to identify early sign and symptom of postpartum depression among postnatal mothers.

The findings will help to prevent the progression of postpartum depression among postnatal mother.

## **METHODOLOGY**

### **Research Design**

A descriptive cross sectional study design was used for the study to find out prevalence of postpartum depression among postnatal mothers attending in Teaching Hospital, Birgunj.

Sampling

Sample Size

The sample size was calculated based on the prevalence of postpartum depression that was 15.2% (Maharjan, 2018). By considering the operational definition and inclusion criteria sample population was drawn.

### **Ethical Consideration**

Formal approval was obtained by the researcher from Institutional Review Committee of National Medical College Teaching Hospital.

Formal permission was taken from the Hospital Director of National Medical College Teaching Hospital.

Written informed consent from each postnatal mother prior to data collection was taken.

Privacy, anonymity and confidentiality of all participants was maintained.

Human dignity was maintained by allowing the respondent to quit the researcher whenever they want to leave.

### **Findings of the study**

The findings of the conducted study are discussed as follows:

Regarding Socio-demographic characteristics, it is found that most (63.7%) of the postnatal mothers were from the age group less than

25 years. Similarly more than half (61.8%) of the postnatal mothers were Hindu and more than half (57.8%) of the postnatal mothers were residing in urban area. Likewise among 102 postnatal mothers 36.3% were educated up to secondary level. More than 90% i.e. 90.2% of the postnatal mothers were homemaker. Likewise maximum (36.3%) of the postnatal mothers had two children. Concerning the type of the family, majority (82.4%) of the postpartum mothers had joint family. Likewise nearly half (45.1%) of the postnatal mothers had monthly income of family between 10000- 200000. Likewise maximum (89.2%) of the postnatal mothers delivered baby in hospital. Likewise nearly half (48%) of postnatal mothers had their baby of one week. Likewise majority (63.7%) of the postnatal mothers had given birth to a male baby.

Based on the cutoff point of Edinburgh postnatal depression scale  $\geq 13$ , 7.8% of the respondents had probable depression, 7.8% of the respondents of the respondents had fairly high possibility of depression, 12.7 % of the respondents had possible depression and had 71.6% had depression not likely i.e. no depression. On the contrary, a recent study was conducted by Maharjan (2018) in Janaki Medical College and

Teaching Hospital among 330 postpartum mothers, which revealed that the prevalence of depressive symptoms was 15.2%.

On the basis of the finding of the present study it is concluded that less than one fourth of the postnatal mothers had probable depression and fairly high possibility of postpartum depression. It is found that there is no any significant association between the prevalence of postpartum depression and selected socio-demographic variables.

By identifying and diagnosing the symptoms at an early stage can hopefully recover the women within a year and the ones in the morbid state can be helped to seek the health professional.

### **Conclusion**

On the basis of the finding of the present study it is concluded that less than one fourth of the postnatal mothers had probable depression and fairly high possibility of postpartum depression. It is found that there is no any significant association between the prevalence of postpartum depression and selected socio-demographic variables.

By identifying and diagnosing the symptoms at an early stage can

hopefully recover the women within a year and the ones in the morbid state can be helped to seek the health professional.

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