

A Survey: Postnatal Depression in Mothers from Selected Areas of Pune City

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ABSTRACT

Background: Postnatal depression not only affects the mothers, but also affects the children. The physical and psychological health of the child is affected the most. The physical effect of postnatal depression on the child is low birth weight, underweight child, and psychological problems consist of cognitive developmental problems, antisocial behaviour and emotional problems in children.

Objective: The study aimed to assess the occurrence of postnatal depression among just delivered mothers in selected areas of Pune city.

Methodology: This study was done in nominated parts of Pune, India. As per World Health organization, the postnatal period is the phase which begins after one hour post-delivery and lasts until week 6.¹⁰ In present study, all mothers were selected regardless of their area of residence who had delivered and have finished 45 days since their last delivery. Interview was taken at their homes. Consent form was filled by all the participants.

Results: 100 postnatal women participated in the study. Mean age of the study participants was 25.5 years. 96.6 deliveries were conducted in hospitals. The incidence of postnatal depression among the mothers was 14%. Around 6.5% of mothers had taken treatment for any kind of illness.

Conclusion: The study indicates that the occurrence of postnatal depression among new mothers is more.

Keywords: Postnatal Depression; Edinburgh postnatal depression scale

Introduction

Depression and anxiety are two to three times more common in women as compared to men. And it can affect more to women who are in their postnatal period.¹ Postnatal depression is an exceptional, often undetected, yet distressing disorder. It is affecting nearly 10% to 15% of the postnatal mothers and appears to be the most common complication in mothers after delivery. In developing countries like India the prevalence of postnatal depression is very high.²

Postnatal depression not only affects the mothers, but also affects the children. The physical and psychological health of the child is affected the most. The physical effect of postnatal depression on the child is low birth weight, underweight child, and psychological problems consist of cognitive developmental problems, antisocial behaviour and emotional problems in children.¹

A study was conducted in Goa in 2000 to assess the prevalence of postnatal depression. 270 mothers have participated in the study. Out of 270 mothers, 24% of mothers had postnatal depressive disorder. It was checked using EPDS.³

A cross-sectional study was done in rural area of Jharkhand and Orissa, and it was found that 11.5% of new mothers had distress.⁴

The present study aimed to understand the occurrence of postnatal depression among new mothers in selected areas of Pune city.

Methodology

This study was done in nominated parts of Pune, India. As per World Health organization, the postnatal period is the phase which begins after one hour post-delivery and lasts until week 6.¹⁰ In present study, all mothers were selected regardless of their area of residence who had delivered and have finished 45 days since their last delivery. Interview was taken at their homes. Consent form was filled by all the participants.

The facts on postnatal depression was collected by using the EPDS. The participants were checked for depression in the postnatal phase for 6 or more following days.

Ethical consent

Approval for conducting the survey was given by the Institutional Research Committee of Symbiosis college of Nursing.

Data analysis

Data was analysed by using the SPSS. Descriptive statistics was used for demographic variables, postnatal depression. Postnatal depression and the associated factors association were analysed by Chi-square test.

Finding

100 postnatal mothers available at the time of data collection. Informed consent was obtained from all the participants of the study. The average time of life of the mothers was 25.5 years, and the SD was 3.8 years. Percentage of mothers who were literate person (94%) and housewives (82%). Percentage of institutional deliveries were 98.8%. Known history of depression was seen in 12 (12%) women with score 10 and above.

Table 1: Depicting The Demographic Facts.

Socio-demographic variable	Frequency	Percentage
Age		
18 – 23 years	6	6%
24 – 29 Years	64	64%
30 years and above	30	30%
Educational status		
Illiterate	2	2%
Primary Education	24	24%
Secondary Education	45	45%
Higher Education	29	29%
Family type		
Nuclear	78	78%
Joint	22	22%
Profession		
Housewife	82	82%
Service	15	15%
Business	3	3%

The occurrence of postnatal depression among the women as per EPDS was found to be 14% (14/100). Mothers who had score 10 and more on EPDS were advised for taking remedial help. The baseline variables of age, education level, and family type had no association with the occurrence of postnatal depression.

Table 2: Prevalence of Postnatal Depression

EPDS Score	Frequency	Percentage
1 – 9	86	86%
10 - 12	10	10%
13 and above	4	4%

Discussion

In present study mothers from selected areas of Pune city were selected to find, the occurrence of postnatal depression in mothers. It was found to be 14%. This study result was same as the study done in rural area of Jharkhand and Orissa, 11.5% of mothers had distress.⁴

The findings of the study was different from the researches completed in South Karnataka (2.3%), Delhi (6%), Vellore (19.8%), and Goa (23%).^{3, 5, 15, 16}

Thus understanding the damaging impact of postnatal depression on new mother and the new-born, it is vital to make

sure that all the pregnant women and postnatal mothers should be screened for postnatal depression. And special care should be taken for mothers who have symptoms of postnatal depression, in order to provide them prompt treatment.

Conclusion

The current work displays that the occurrence of postnatal depression among postnatal mothers is fairly more and the healthcare services available for depression is very low. It is an alarming condition in which we as the part of the healthcare team should take some improvement steps and make mental health component also as an important aspect of maternal health. And for the same grass root level health professionals should also be trained to increase awareness regarding postnatal depression and should be efficient in identifying and providing prompt treatment to the mothers.

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