

ASSOCIATION OF POST PARTUM DEPRESSION (PPD) WITH ANAEMIA AND VITAMIN D

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- ▶ **Aim:** Study aimed to provide the association of anaemia and Vit D deficiency with PPD (Postpartum depression).
- ▶ **Background:** Postpartum depression is a serious disorder that affects physical and mental health of new mothers and newborns. It affects about 15% of Mothers. Women suffering from anemia and vitamin D deficiency may be at increased risk of developing PPD.
- ▶ **Materials & methods:** In this prospective observational study, pregnant women having Hb% <11 gm/dl, but normal Vit D were grouped as A (n=141), pregnant women with normal Hb% but low Vit D (Endocrine Society's definition of 25(OH)D deficiency, <20 ng/ml) were grouped B (n=28), were taken as case and pregnant women with normal Hb% and normal Vit D grouped C (n=58) were taken as control in the study. Depression, PPH, wound infection and apgar score, PTB, NICU admission were measured. P <0.05 was taken as statistically significant.
- ▶ **Results:** Depression was found significantly higher in both A= 60.3% and B =14.2%, more than group C =0% (p<0.0001). PPH and wound infection were (5 &2%). Interestingly all women with Vit D deficiency had PPH. Regarding perinatal outcome, APGAR score was low in A (38%) and B (10.7%) in compare to control group C (0). NICU Admission was seen higher in A=26% & B=10.7% while for C=0%. Incidence of PTB for A =25% & B= 2%, significantly higher than group C= 0%.
- ▶ **Conclusion:** Prevention, identification and treatment of anaemia and Vitamin D deficiency in pregnant women seem necessary, as it has important role in the prevention of postpartum depression.