

MENTAL HEALTH OF A PREGNANT POPULATION (MHAPP): SOCIAL DETERMINANTS OF ANTENATAL DEPRESSION

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BACKGROUND AND INTRODUCTION

The antenatal period involves profound physical, physiological and psychological adjustments that significantly impact maternal mental health, particularly in resource-limited settings with a disproportionately higher burden. Antenatal depression is a critical risk factor for postnatal depression¹, and adverse maternal and neonatal outcomes such as pre-eclampsia, pre-term birth, and foetal growth restriction.²

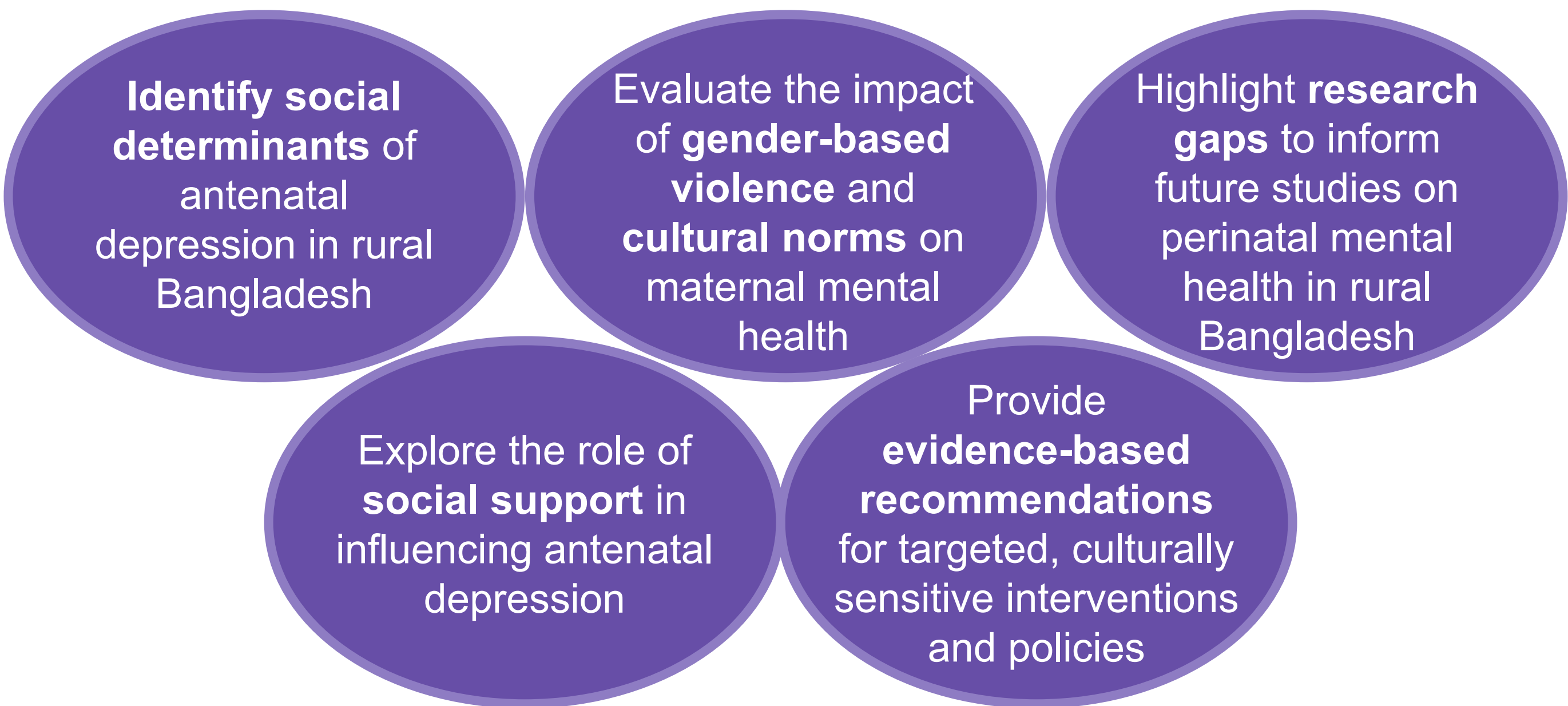
In rural Bangladesh, where access to healthcare is limited and socioeconomic vulnerabilities are prevailing, the prevalence of antenatal depression ranges from 18-56%,^{3,4} significantly exceeding the global prevalence of 10-20%.² Anticipated risk factors include poverty, limited education, gender-based violence, and lack of social support.

Despite the significant effect of antenatal depression on maternal and neonatal health, it remains underexplored, with much of the focus in current literature centred on postnatal depression.



OBJECTIVE

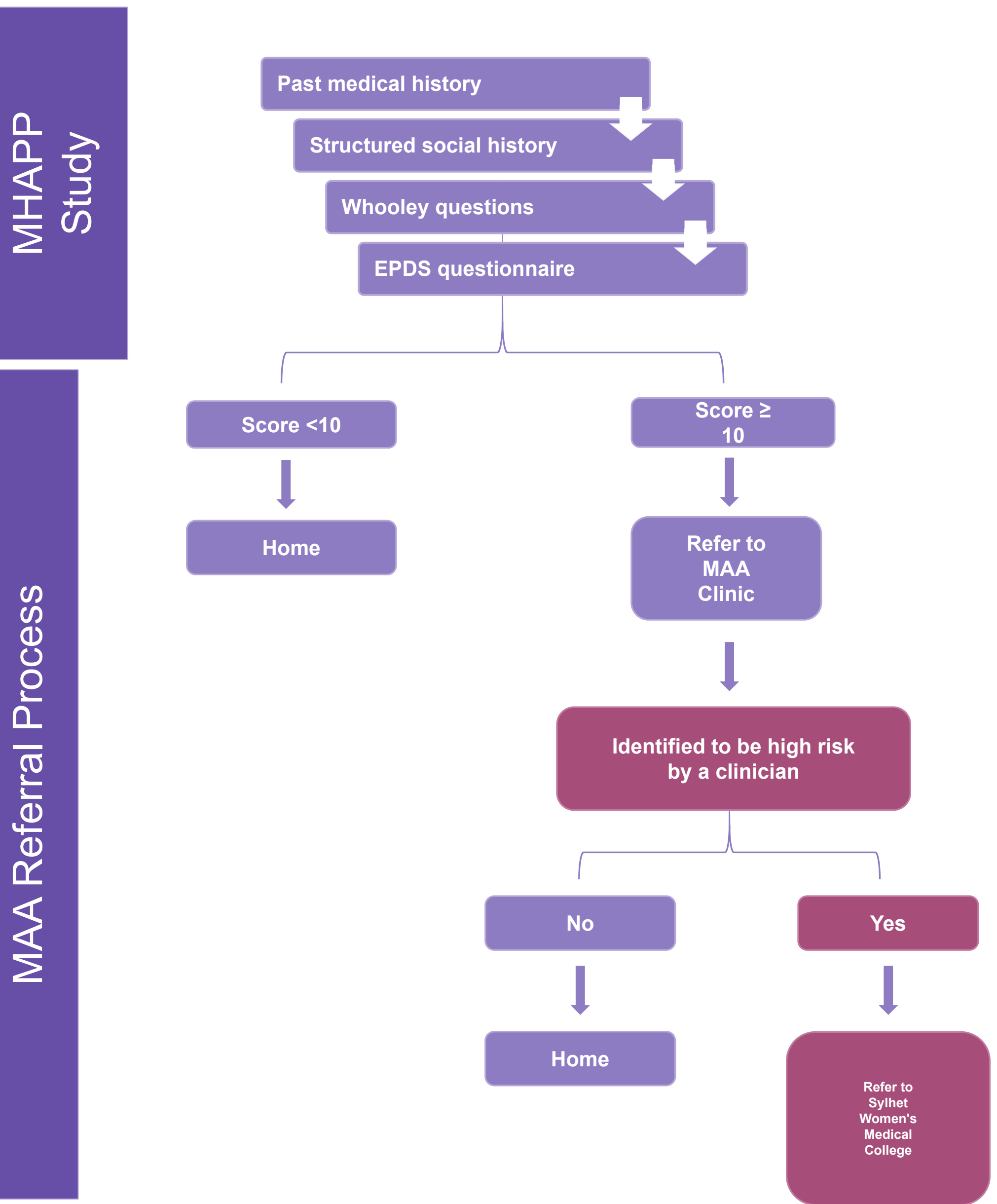
Primary aim: systematically review and analyse social determinants contributing to antenatal depression in rural Bangladesh



STUDY SIGNIFICANCE

The majority of existing literature focuses on urban populations in Bangladesh, leaving rural areas underserved. The findings will therefore help tailor culturally sensitive interventions, such as family-focused interventions and community-based support networks. It may also help expand mental health services to rural access, improving antenatal mental health services. The study's insights will further enhance existing health programmes at MAA, incorporating mental health initiatives into educational health camps for pregnant women. Overall, the research aims to facilitate early intervention, reduce pregnancy complications, and improve maternal and neonatal health outcomes, thus enhancing public health advancements in low- and middle-income countries.

METHOD



OUTCOMES AND RESULTS

This study aims to provide critical insights into the social determinants of antenatal depression in rural Bangladesh, and address gaps in the evidence base, particularly in resource-limited settings.

Although most research focuses on urban populations, this study estimates a 30-50% prevalence of antenatal depression in rural Bangladesh. Key factors such as intimate partner violence, male gender preference, socioeconomic status, lack of social support, and education will be explored to analyse their roles in shaping maternal mental health.

Through better understanding of gender dynamics, cultural influences, and the socioeconomic context of antenatal depression, the findings will inform the development of culturally sensitive interventions and policies to reduce antenatal depression and its effects. Ultimately, the study seeks to reduce the burden of antenatal depression, in turn improving maternal and neonatal health outcomes.

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