

Prevalence of Postpartum Depression in Women presenting to a Tertiary care facility

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BACKGROUND

Postpartum depression (PPD) is now considered a major health concern. The onset of PPD begins within weeks and lasts up to 6 months after giving birth. Research has shown that experiencing symptoms of PPD can have immediate ill effects on children.

OBJECTIVE



To determine the frequency of postpartum depression in women presenting to a tertiary care facility.

STUDY DESIGN



Cross-sectional study



STUDY SETTING



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DURATION



From 5th January to 4th July 2017

MATERIALS & METHODS

Total **126 Women** of postpartum period of 4 weeks or more were included.

To evaluate depression Center for Epidemiologic Studies Depression Scale **CES-D** was used.



Score >16 was considered as depression.

Descriptive statistics were calculated. Stratification was done and post stratification chi square test was applied. **P-value ≤ 0.05** was taken as significant.

RESULTS

The mean age was **30.16±3.08 years**

The mean CES-D score was **14.34±4.74.**

Among delivered child **♂ 73 were male ♀ 53 were female**

69.8% of subjects have monthly family income more than 10,000 PKR.

Most of the husbands were employed. **(56.3%)**

33.3% subjects were found with postpartum depression. The significant association of postpartum depression was observed with age and gender of recently delivered child.

CONCLUSION

Total 33.3% subjects were observed PPD. The age and gender of recently delivered child found significantly associated with probable postpartum.

