

INCIDENCE AND ASSOCIATED RISK FACTORS OF POST- NATAL DEPRESSION- THIEF THAT STEALS MOTHERHOOD

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INTRODUCTION

The article discusses post-natal depression (PPD), a common and serious condition affecting about 1 in 7 women after childbirth. It highlights the emotional changes in the postnatal period, risk factors (e.g., previous depression, lack of support, poor diet), and the negative impact of untreated PPD on both mother and child. Protective factors include emotional support, healthy nutrition, and skin-to-skin contact. Treatment involves therapy for mild cases and antidepressants or newer options like IV brexanolone or TMS for severe cases. Prevention focuses on education, antenatal care, and ongoing emotional and dietary support for mothers.

OBJECTIVES

- This research article investigates the prevalence, risk factors, and effects of post-natal depression (PPD) on both mothers and infants. It examines prevention and treatment strategies, emphasizing psychosocial and psychological interventions, psychotherapy, and pharmacological options like SSRIs and intravenous brexanolone. The study also highlights protective factors such as emotional support, healthy diets, and antenatal education, and assesses PPD's impact on maternal well-being and child cognitive, emotional, and behavioral development.

METHODS

- Study Setting:** Pak-Emirates Military Hospital, Rawalpindi, Pakistan
- Study Duration:** December 2022 – January 2023
- Study Design:** Cross-sectional study
- Sample Size:** 20 females in their puerperal period
- Inclusion Criteria:** Females in their puerperal period (up to 6 weeks post-delivery)
- Data Collection:** Participants were interviewed and completed a structured, validated questionnaire. Data included sociodemographic information, psychiatric history, interpersonal relationships, life events, and obstetric/infant complications. Post-natal depression was assessed using the 10-item Edinburgh Post-Natal Depression Scale (EPDS).Post-Assessment Intervention: Counseling and feedback sessions were conducted following questionnaire completion.
- Data Analysis:** Conducted using SPSS version 22.0 and MS Excel 360

CONCLUSIONS

- Survey conducted established relationship between multiple risk factors and emergence of post-natal depression. Since sample size was quite very small, survey should be conducted on large sample size to establish risk factors with validity.

RESULTS

The study results revealed that 55% of participants had postnatal depression (PPD) with EPDS ≥ 12 . PPD incidence was higher in females aged >35 years (20%), housewives (30%), those with low income ($<50k$, 35%), and those in consanguineous marriages (45%). Stressful life events, such as poor family support and income management, were linked to higher PPD incidence. A history of depression in participants and their families also correlated with PPD. Maternal complications like anemia, preeclampsia, and delivery mode (LSCS) were associated with PPD. Infant-related factors such as premature birth and NICU admission also showed significant associations with PPD. Feedback from participants indicated good to very good experiences with counseling, motivation for change, and satisfaction with the quality of service and counselor support.

		PPD		
Variables		Frequency (%)	EPDS ≥ 12	EPDS ≤ 12
Planned Pregnancy	yes	12(60)	6(30)	6(30)
	no	8(40)	3(15)	5(25)
History of Fertility	yes	16(80)	7(35)	9(45)
	no	4(20)	2(10)	2(10)
Pregnancy associated Complications	yes	12(60)	5(25)	7(35)
	no	8(40)	4(20)	4(20)

		PPD		
Variables		N (%)	EPDS ≥ 12	EPDS ≤ 12
Relationship with your Husband	good	20(100)	9(45)	11(55)
	bad	0(0)	0(0)	0(0)
Relationship with Mother-in-law	good	19(95)	9(45)	10(50)
	bad	1(5)	0(0)	1(5)
Family Support	good	17(85)	7(35)	10(50)
	bad	3(15)	2(10)	1(5)
Nanny to Take care of Children	yes	17(85)	7(35)	10(50)
	no	3(15)	2(10)	1(5)
Difficult to manage with Income	yes	14(70)	6(30)	8(40)
	no	6(30)	3(15)	3(15)

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