

## “Assessment of prevalence of postnatal depression among postnatal mothers”

Ms. Sumitra Melinamani, Mrs. Shweta Hitnal, Mrs. Ashwini patil  
OBG Nursing department St. Luke's College of Nursing Shrirampur

---

### **Abstract:**

**Back ground:** Postnatal depression is major psychotic condition and it is observed in 10-20% of mothers after delivery. Postpartum depression is more gradual in onset over the first 4-6 months following the delivery or abortion.<sup>[4]</sup> Some studies have reported that the percentage of postnatal depression is higher in studies that include mild depression, 0.1 -0.2% mothers will have psychotic episode which includes marked inability to sleep or delusional thoughts of harming oneself or the baby or hearing voices

**Aim:** The present study aim is to assess the prevalence of postnatal depression

**Methodology:** Edinbergh postnatal depression scale is used to assess the prevalence of postnatal depression ,the sample consist of 105 postnatal mothers ,univariant descriptive design was adopted.

**Results :** out of 105 samples 12 (12%) were normal, 23(22%) mothers had mild depression, 33(31%) mothers had moderate depression and 37(35%) mothers had severe depression. There is significant association between age and postnatal depression (p value 0.05) but there is no significant association between education, occupation, income, religion and total number of pregnancy and postnatal depression ( p<0.05).

**Conclusion:** postnatal depression is associated with age of the mother

**Key words:** prevalence, postnatal depression

---

### **I. Introduction:**

Postpartum depression is an affective disorder that can occur after delivery.<sup>[1]</sup> The incidence of postnatal depression is about 10-20% and women who have suffered from postnatal depression are much more likely to have depression again in subsequent frequencies i.e 50-100%<sup>[2]</sup> Researchers from north-western medicine reported in JAMA psychiatry that postpartum depression affects approximately 1 in every 7 new mothers.<sup>[3]</sup> Postpartum depression is more gradual in onset over the first 4-6 months following the delivery or abortion.<sup>[4]</sup> Some studies have reported that the percentage of postnatal depression is higher in studies that include mild depression, 0.1 -0.2% mothers will have psychotic episode which includes marked inability to sleep or delusional thoughts of harming oneself or the baby or hearing voices.<sup>[5]</sup> The NICE guidelines have suggested that the depressive illness in the postnatal period is due to prevalence of woman's life, through the incidence may be raised. The guidelines authors note that some changes in mental state and functioning ,tiredness, loss of libido, anxiety towards baby etc.<sup>[6]</sup> The challenge that post-partum psychiatry faces in India is to translate research findings into practice by working closely with other agencies, adapting established modes of care to local needs and resources and finding innovative care delivery methods both in the hospital and the community.<sup>[7]</sup>

### **II. Objectives**

- 2.1 To assess the prevalence of postnatal depression among postnatal mothers
- 2.2 To find out association between level of depression and selected demographic variables

### **III. Methodology**

- 3.1 Research design: Univariant Descriptive Design
- 3.2 Research approach: Descriptive Approach
- 3.3 Setting: Postnatal ward BLDEA'S Hospital at Bijapur.
- 3.4 Sample: 105
- 3.5 Participants: Postnatal mothers
- 3.6 Sampling technique: Convenient Sampling
- 3.7 Tool used: Edinbergh Postnatal Depression scale
- 3.8 Data analysis: descriptive and inferential statistics

**IV. Results**

The sample consist of 105 postnatal mothers in that 49(46%) mothers were between the age group of 20-25, 53(50%) mothers were 25-30 and the age between 25-30 mothers were only 3(4%).None of the mothers were between 30-35. Education, 42(40%) mothers were illiterate ,39 (37%)were completed primary education and higher secondary education is completed by 20(19%) and 2(3%) mothers are degree holders .Occupation,28(27%) mothers are housewives and 35(33%)mothers are coolie and 42(40%) mothers are private workers. Income, 53(50%) of mothers are getting 1000-5000/- and 40(38%)of mothers are getting 5000-10000 income per month and 12(12%) mothers are getting 10000-15000/- and none of the mothers are getting income between 15000-20000/-. Religion 46(44%) of mothers were hindu and 58 (55%) mothers were muslims and 1(1%) mother was belongs to Christian,number of pregnancies.54(51%) mothers were having one child and 30(29%) mothers were having two children,12(11%) mothers were having 3 children and 9 (9%) mothers were having more than 3 children.

**Table 4.1 Frequency and percentage distribution Of demographic variables in postnatal mothers**

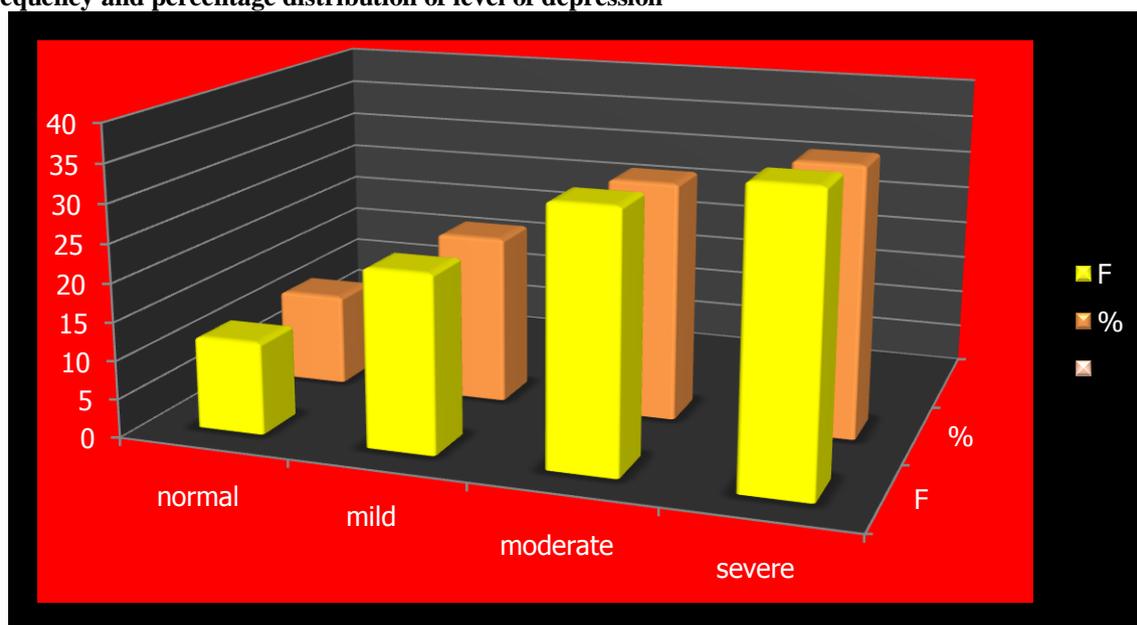
Demographic variables	Frequency	Percentage
<b>Age</b>		
20-25	49	46
25-30	53	50
25-30	3	4
30-35	0	0
<b>Education</b>		
Illiterate	42	40
Primary	39	37
Higher secondary	20	19
Degree	2	3
<b>Occupation</b>		
House wife	28	27
Coolie	35	33
Private Workers	42	40
<b>Income</b>		
1000-5000	53	50
5000-10000	40	38
10000-15000	12	12
15000-20000	0	0
<b>5.Religion</b>		
Hindu	46	44
Muslim	58	55
Christen	1	1
Others	0	0
<b>6.Number of pregnancy</b>		
One	54	51
Two	30	29
Three	12	11
More than three	9	9

**4.2Assessment Of Prevalence Of Postnatal depression in postnatal Mothers.**

Among 105 postnatal mothers 12 (12%) mothers are absolutely normal ,23(22%) mothers are having mild depression and 33(31%) mothers are having moderate depression and 37(35%) mothers are having severe depression.

Level of depression	Frequency(F)	Percentage(%)
Normal	12	12
Mild	23	22
Moderate	33	31
Severe	37	35

Frequency and percentage distribution of level of depression



4.3 Association of postnatal depression with demographic variables

The selected demographic variables are age, education, occupation, income, religion and number of pregnancies

Demographic Variables	Frequency	Percentage	Chi-square value D.f (9) Calculated value	Table value
<b>Age</b>				
20-25	49	46	18.86	16.92 (S)
25-30	53	50		
30-35	03	4		
35-40	0	0		
<b>Education</b>				
Primary	20	19	11.59	16.92 (NS)
Higher secondary	39	37		
Degree	04	4		
Illiterate	42	40		
<b>Occupation</b>				
Housewife	28	27	14.55	16.92 (NS)
Coolie	35	33		
Worker	42	40		
Others	0	0		
<b>Income</b>				
1000-5000	53	50	19.3	16.92 (NS)
5000-10000	40	38		
10000-15000	12	12		
15000-20000	0	0		
<b>Religion</b>				
Hindu	46	44	10.92	16.92 (NS)
Muslim	58	55		
Christen	1	1		
Others	0	0		
<b>Number of pregnancy</b>				
One	54	51	8.73	16.92 (NS)
Two	30	29		
Three	12	11		
More than 3	9	9		

P value 0.05

V. Conclusion

The study revealed that mothers are having depression during their postpartum period and the study disclosed that there is significant association between age of the mother and depression. Findings of the study are helpful for the midwives and nursing students to prevent the occurrence of postnatal depression, and it indicates the need of mental health for the mother during pregnancy and postpartum mother and it can be

included in the teaching and learning activities of nursing curriculum. The midwives can also develop the skill to assess deviation from normal mental health of the mother.

Limitations of the study:

- By this study we cannot be able to find out risk factors associated with the postnatal depression
- Extraneous variables are not controlled

#### **Acknowledgement:**

I express my deep sense of gratitude to my father Mr.Mallappa Melinamani for their valuable support,and my Teacher Mrs Frincy Francis for guidance to write this article.

#### **References**

- [1]. Supriya Hedge,Lata,Bhat,Sharma,,Postpartum depression:prevalence and associated risk factors among women in India,September 17 2012
- [2]. .Gabbe ,steven,Jennifer R,Joe leigh simpson.obstetrics:normal and problem pregnancies.4<sup>th</sup> edphiladelphia:W.B Saunders company,2002
- [3]. Ryan,Kenneth.J. Ross S Berkowitz,Robert L Barberi .gynaecology and women's health 7<sup>th</sup> ed, 1999
- [4]. MNT knowledge center,what is postnatal depression? What is postpartum depression?,Thursday 8 August 2013
- [5]. D.C. Dutta,Text book of obstetrics ,6<sup>th</sup> edi 2004 ,hiralal editors,Page No 443
- [6]. Kathleen. A.Kendall tackett,book review:depression in new mothers ,causesconsequences and treatment alternatives,vol 42, No 3,September 2006.
- [7]. Zoe Tsivos, Dr Anja Wittkowski, Dr Rachel Calam and Prof Matthew Sanders, Postnatal depression can have a major impact for women and children, - NCT ' sjournal on preparing parents for birth and early parenthood ,June 2011
- [8]. Prabha.S.Chandra, Post-partum psychiatric care in India: the need for integration and innovation, World Psychiatry. 2004 Jun; 3(2): 99–100.