

Prevalence and factors associated with depressive symptoms among post-partum mothers in Nepal

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Global Maternal and Newborn Health Conference,
Mexico City, Mexico, 18-21 October, 2015

Background

- Mental health problems are the major public health issues for women of reproductive age in developed and developing countries
- Post Partum Depression (PPD) among new mothers has been associated with tragic outcomes on the health of mothers and children
- In Nepal, studies found that PPD is associated with multiple birth, illiteracy of husband or wife, lower age of pregnancy, sex of newborn, poor SES, intimate partner violence and others
- The Maternal Mortality and Morbidity Survey (2009) identified suicide as a leading cause of death (16%) among women of reproductive age
- This study aims to identify the current prevalence of depressive symptoms and associated factors among post partum mothers in Nepal

Methods

- Cross-sectional study was conducted during August-September, 2012,
- Face-to-face interviews were conducted using semi-structured questionnaire among post partum mothers
- Immunization clinic of Maternity Hospital (PMWH) in Kathmandu was the site of data collection where mothers attend for DPT vaccination to their children
- Systematic sampling method was used and the sample size was 346.

Methods ...

- Self-administered version of the Edinburg Postnatal Depression Scale (EPDS) tool was used to screen depressive symptoms- an EPDS score ≥ 10 as a cut-off point
- **Outcome variable - depressive symptoms**
- Explanatory variables: **socio demographic factors** -age, ethnicity, occupation, education, and socio-economic status and **maternal factors** - birth weight of children, type of delivery, pregnancy-induced health problems and subjective feelings of stress recalled during the last six months

Prevalence of depressive symptoms

Characteristics	Total number (%)	EPDS score ≥ 10 (%)
Prevalence of PP depressive symptoms	346 (100)	105 (30.3)
Age of mother		
<20 years	45 (13)	14 (31.1)
20-29 years	250 (72.3)	67 (26.8)
≥ 30 years #	51 (14.7)	24 (47.1)
Education status of mother		
Literate	289 (83.5)	83 (28.7)
Illiterate#	57 (16.5)	22 (38.6)
Husband's educational status		
Literate	314 (90.8)	90 (28.6)
Illiterate#	32 (9.2)	15 (46.8)

Prevalence of depressive symptoms ...

Characteristics	Total number (%)	EPDS score ≥ 10 (%)
Reason for stress of new mothers		
Husbands behavior	18 (5.2)	12 (66.7)
Economic condition of the family #	328 (94.8)	93 (28.4)
Socio-economic status		
Lower class (KS ≤ 10)	60 (17.3)	25 (41.7)
Middle class (KS 11-25)	222 (64.2)	63 (28.4)
Upper class (KS 26-29)#	64 (18.5)	17 (26.6)
Pregnancy-induced health problems		
Yes	31 (9)	14 (45.2)
No#	315 (91)	91 (28.9)
Subjective feelings of stress		
Yes	34 (9.8)	20 (58.8)
No#	312 (90.2)	85 (27.2)

Factors associated with depressive symptoms

Characteristics	Unadjusted Odds Ratio (95% CI)		Adjusted Odds Ratio (95%CI)	
Age of mother		P=0.019		P=0.020
<20 years	0.58 (0.22-1.17)		0.49 (0.21-1.16)	
20-29 years	0.41 (0.22-0.76)		0.40 (0.21-0.76)*	
≥30 years #	1.00		1.00	
Husband's educational status		P=0.036		P=0.076
Literate	2.196 (1.05-4.58)		2.01 (0.93-4.38)	
Illiterate#	1.00		1.00	
Reason for reported stress		P=0.002		P=0.186
Husbands behavior	5.05 (1.84-13.86)		2.50 (0.64-9.71)	
Economic condition of the family#	1.00		1.00	
Pregnancy-induced health problems		P=0.064		P=0.050
Yes	2.02 (0.96-4.28)		2.16(1.001-4.66)*	
No#	1.00		1.00	
Subjective feelings of stress		P<0.001		P<0.001
Yes	3.81 (1.84-7.89)		3.86 (1.84-8.09)*	
No#	1.00		1.00	

Conclusions and programmatic implications

- High prevalence of depressive symptoms was found among PP mothers and certain sub-groups
- The EPDS screening tool should use in **routine antenatal and postnatal care**
 - who have **pregnancy-induced health problems and subjective feelings of stress during pregnancy.**
- Early identification of depressive symptoms among postpartum mothers can reduce the adverse outcome on lives of mothers and children

Acknowledgements

1. Dr Rajendra Kumar Giri, Department of Ayurveda, MOHP, Nepal
2. Shiva Raj Mishra, University of Western Australia, Australia
3. Vishnu Khanal, Curtin University, Australia
4. Prof Dr Vidya Dev Sharma, Prof Dr Ritu Prasad Gartoula, Prof Dr Amod Kumar Poudyal, IOM, TU
5. Mr Bharat Ban, National Program Manager, Saving Newborn Lives Program, Nepal
6. Saving Newborn Lives Program, Head office, DC, USA
7. Staffs of Paropakar Women Maternity Hospital Immunization clinic
8. Respondents (postpartum mothers) of this study

Details can be assessed in...

<http://www.biomedcentral.com/1756-0500/8/111/>

Giri et al. *BMC Research Notes* (2015) 8:111
DOI 10.1186/s13104-015-1074-3



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Thank You