The prevalence of post partum depression and its associated risk factors in Jeddah, Saudi Arabia: An observational study

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Objective: To perform a prospective questionnaire based epidemiological analysis of the prevalence and risk factors of post-partum depression (PPD) among Saudi women.

Methods: A total of 280 mothers who delivered a live baby at least 2 weeks to a maximum of 1 year ago from the time of study participation were included. A p value of p value ≤ 0.05 was used to determine the significance of results obtained.

Results: The prevalence of PPD in the study sample was 23.9%. Statistically significant risk factors associated with PPD were post-partum blues, marital status, level of education, husband's job (p=0.001); monthly income (p=0.006), unplanned pregnancies (p=0.01), postpartum complications (p=0.05); pre-existing depression, use of antidepressants and lack of support from the spouse in baby care (p=0.001).

Conclusion: The prevalence of PPD among Saudi women is high and warrants further investigation.