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Depression and its associated factors among antenatal and postnatal mother's

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Introduction: Pregnancy in most women involves biomedical and psychological changes in the body, emotions and life of mother and fetus. The majority of pregnant women have uncomplicated and healthy outcome but sometimes complications arise due to medical conditions. Although only 10-30% of the mothers seen in antenatal period can be classified as high risk they account for 70-80% of perinatal mortality and morbidity. Depression during pregnancy has been associated with increased incidence of psychological and obstetrical complications. Current descriptive study was undertaken with the objective to assess prevalence of depression and its associated factors among antenatal and postnatal mothers, Nehru Hospital, PGIMER, Chandigarh. Using total enumeration technique 200 mothers (100 antenatal and postnatal mothers) were enrolled in the study. Tools used in this study were- Socio-demographic profile of participants.2) Standardized Edinburgh postnatal depression scale, 3) Antenatal and Postnatal depression risk factors questionnaire. The Edinburgh postnatal depression scale had 10 items with 4 options. A score of ≥ 10 indicated possible depression. Mothers who scored < 10 do not have depression. The antenatal and post natal risk questionnaire has 13 items, if subject score < 24 then it indicates no associated risk factors for depression whereas score ≥ 24 indicates possible risk factors of depression.

Result: The result of the present study revealed that majority of the antenatal 81% and postnatal mothers 89% were not having any depression. It was also observed that 95% antenatal and 89% postnatal mothers did not have any associated risk factors of depression.

Biography

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