STUDY OF PREVALENCE, ASSOCIATED FACTORS AND IMPACT OF MATERNAL PERINATAL DEPRESSION IN ALEXANDRIA 2022.

Nermeen Saad Elbeltagy, Hoda Ghareeb Mohamed,* Hesham Adel Sheshtawy,** Nadeem Hamed Ali, , Sara Hazem Hassan. Amany Ahmed Ebraheem

Department of Obstetrics and Gynecology, Department of Community Medicine,* Department of Neurology and Psychiatry,** Faculty of Medicine, Alexandria University, Egypt

Introduction

Depression is one of the most common mental health problems occurring in women during their child bearing years. Perinatal depression refers to major and minor depressive episodes that occur either during pregnancy or after delivery. Although perinatal depression is common in developing countries, it is under-recognized in low and middle income countries making a substantial contribution to maternal and infant morbidity and mortality. About 12.5 - 42% of pregnant women and, 12 - 50% of post natal mothers in low and middle income countries such as Ethiopia had depression.

Aim of the work

To study prevalence, associated factors and impact of maternal perinatal depression in Alexandria.

Patients and Methods

This study was conducted on 300 mothers at the postnatal ward in El-Shatby Maternity Hospital from April 2022 until October 2022. Females with past history of depression before pregnancy or females who receive medications inducing depression were excluded. The participants were asked to complete the questionnaire that includes the Edinburgh Postnatal Depression Scale (EPDS) as a screening test to obtain information concerning the current frame of mind at antepartum, partum and postpartum periods.

Results

The prevalence of perinatal depression was 22.3%. It was found that there is a significant negative moderate correlation between socioeconomic status and perinatal depression (r=-0.42). The present study revealed that about two thirds (60.7%) of postpartum women had low socioeconomic level. Also, less than one fourth (20%) of parents had high education and only one fourth (25.3%) of postpartum women were working. There was a statistically significance difference between the number of previous abortions and perinatal depression. There was a significant moderate correlation between post partum hemorrhage and an increased risk of developing postpartum depression. The prevalence of perinatal depression was high in cases of female neonates more than male ones.
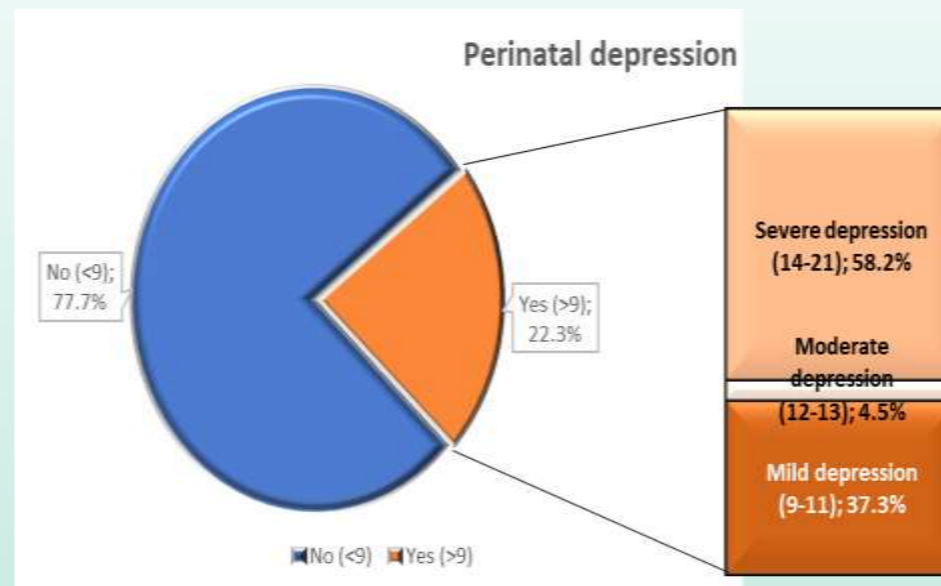

Figure: Pie –chart for Distribution of post-partum women at El-Shatby Maternity, Alexandria university hospital regarding frequency of perinatal depression.

Table: Linear regression analysis for predictors of the Perinatal depression

	B	P value
Model: Constant = 12.11 $R^2 = 0.40$ F= 4.297* P = < 0.001		
A-Maternal characters		
1-Socioeconomic score	0.15	0.12
2-obstetrical history		
• Complicated antenatal	0.49*	**0.03**
• Cesarean section Delivery	0.12	0.06.
• Complicated postnatal	0.42*	**0.03**
• Previous abortion	0.04	0.11
B-Examination		
Abnormal Blood pressure	0.30*	**0.03**
C-Perinatal outcomes:		
Maternal:		
Complicated antenatal	0.64*	**0.03**
Complicated Immediate postnatal	0.38*	**0.01**
Newborn:		
Female Gender	0.36*	**0.04**

Conclusion

The prevalence of perinatal depression among the studied women was 22.3% of studied group. The significant factors identified in this study can be targeted to reduce the occurrence of perinatal depression among pregnant women in Alexandria through appropriate health interventions which includes perinatal depression screening, counseling, and the provision of support for pregnant women during antenatal care as well as lifestyle modification