

# An Assessment of the Risk Factors and Concerns of Postpartum Depression amongst Mothers Seeking Healthcare in North Central Trinidad.



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## Introduction

- Postpartum depression (PPD) is a debilitating mental disorder which affects 13% of females, usually after giving birth.
- Predisposing factors increase the possibility of mothers acquiring PPD, some of which include lack of support, prior PPD, a history of mood changes with menstrual cycles or oral contraceptives, a family history of depression and mental illness.
- This illness can have long-term effects on a child causing the behavioural, cognitive and academic development to be impaired.
- Currently, there are no screening techniques at the hospitals in Trinidad. Therefore, we have designed this study to assess the risk factors and concerns of PPD and to increase public awareness of PPD.

## Objectives

- To determine risk factors and concerns relating to postpartum depression of mothers seeking healthcare at North Central Regional Health Authority (NCRHA) hospitals in Trinidad.
- To determine the prevalence of postpartum depression of mothers seeking healthcare at NCRHA hospitals in Trinidad.
- To compare the risk factors of postpartum depression for women with postpartum depression and women at risk for postpartum depression.

## Methodology

- A questionnaire geared towards assessing the risk factors and concerns of PPD was conveniently distributed to 360 mothers in the postnatal and neonatal clinics of the NCRHA (Mount Hope Women's Hospital, Chaguanas District Health Facility, St. Joseph & Macoya Health Centers).
- Subjects signed a consent form before filling out the questionnaire and to ensure privacy.
- Data was analyzed using statistics based software SPSS Version 22.

## Results

Participants diagnosed and not diagnosed with postpartum depression and the Edinburgh Postnatal Depression Scale scores of participants.

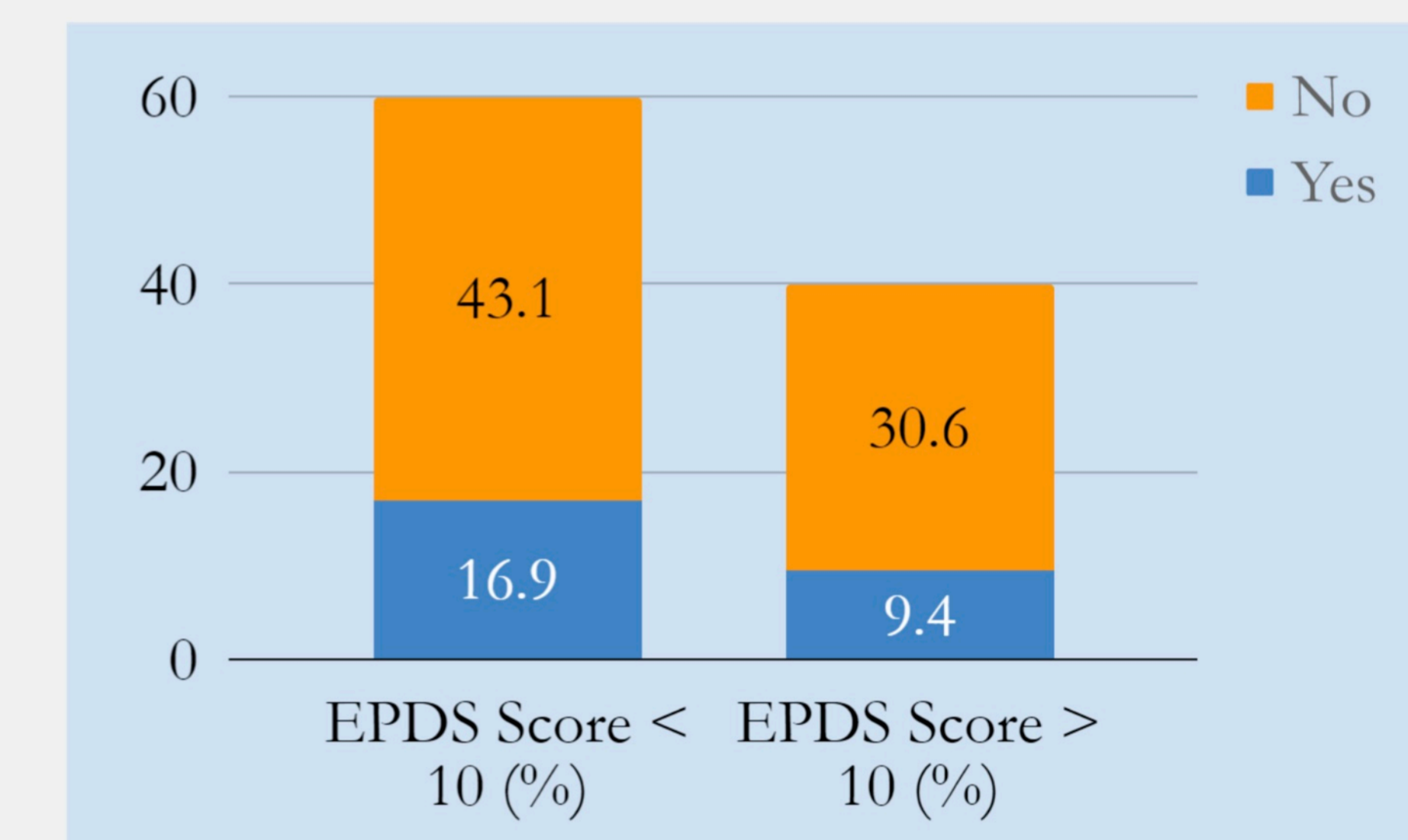
|                        | EPDS score < 10 (%) | EPDS score ≥ 10 (%) | Total (%)  |
|------------------------|---------------------|---------------------|------------|
| Diagnosed with PPD     | 4 (1.1)             | 13 (3.6)            | 17 (4.7)   |
| Not diagnosed with PPD | 212 (58.9)          | 131 (36.4)          | 343 (95.3) |
| Total (%)              | 216 (60.0)          | 144 (40.0)          | 360 (100)  |

Risk factors and Diagnosis of Postpartum depression (PPD) and Edinburgh Postnatal Depression Scale (EPDS) scores.

| Risk Factors (n =360)                                | Diagnosis of PPD |          | EPDS score |            |            |
|--|------------------|----------|------------|------------|------------|
|  | Yes (%)          | No (%)   | ≥ 10 (%)   | <10 (%)    |            |
| Employed   | Yes              | 9 (2.5)  | 169 (46.9) | 67 (18.6)  | 111 (30.8) |
|  | No               | 8(2.2)   | 174(48.4)  | 77 (21.4)  | 105 (29.2) |
| Family history of mental problems                    | Yes              | 7 (1.9)  | 59 (16.4)  | 41 (11.4)  | 25 (6.9)   |
|  | No               | 10 (2.8) | 284 (78.9) | 103 (28.6) | 191 (53.1) |
| Recent death in the family                           | Yes              | 4 (1.1)  | 96 (26.7)  | 56 (15.6)  | 44 (12.2)  |
|  | No               | 13 (3.6) | 247 (68.6) | 88 (24.4)  | 172 (47.8) |
| Experience baby blues                                | Yes              | 14 (3.9) | 154 (42.8) | 94 (26.1)  | 74 (20.6)  |
|  | No               | 3 (0.8)  | 189 (52.5) | 50 (13.9)  | 142 (39.4) |
| Complications during/after giving birth              | Yes              | 11 (3.1) | 147 (40.8) | 68 (18.9)  | 90 (25)    |
|  | No               | 6 (1.7)  | (54.4)     | 76 (21.1)  | 126 (35)   |
| Planned Pregnancy                                    | Yes              | 2 (0.6)  | 94 (26.1)  | 32 (8.9)   | 64 (17.8)  |
|  | No               | 15 (4.2) | 249 (69.1) | 112 (31.1) | 152 (42.2) |
| Mood swings during period                            | Yes              | 14 (3.9) | 193(53.6)  | 102 (28.3) | 105 (29.2) |
|  | No               | 3 (0.8)  | 150 (41.7) | 42 (11.7)  | 111 (30.8) |
| Oral Contraceptives                                  | Yes              | 1 (0.3)  | 134 (37.2) | 64 (0.017) | 82 (22.7)  |
|  | No               | 5 (1.4)  | 209 (58.1) | 80 (22.2)  | 134 (37.2) |
| Mood swings when taking oral contraceptives (*n=146) | Yes              | 7 (4.8)  | 44 (30.1)  | 25 (17.1)  | 26 (17.8)  |
|  | No               | 5 (3.4)  | 90 (61.7)  | 39 (26.7)  | 56 (38.3)  |
| Diagnosed with Depression                            | Yes              | 9 (2.5)  | 16 (4.4)   | 18 (5)     | 7 (1.9)    |
|  | No               | 8 (2.2)  | 327 (90.8) | 126 (35)   | 209 (58.1) |

## Results

Comparison of Edinburgh Postnatal Depression Scale (EPDS) Scores of Participants and whether they were asked questions about PPD



## Conclusions

- Data showed that many participants were at risk of developing PPD.
- The prominent risk factors of PPD identified for mothers diagnosed with PPD were a family history of mental illness, baby blues, mood swings during periods, use of oral contraceptives, emotional support, life stress and being diagnosed with depression.
- For those at risk for developing PPD (EPDS score ≥ 10) the risk factors were family history of mental illness, recent death in the family, mood swings during period, baby blues, life stress, financial and marital problems and being diagnosed with depression.
- Other characteristics like socio-demographics were not significantly correlated but marginally indicative of depressive symptoms.