

## ABSTRACT

### POSTPARTUM DEPRESSION IN JAMAICAN WOMEN:

An analysis done on at six-weeks postpartum on women  
at the University Hospital of the West Indies.

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This study aimed at determining the incidence of postpartum depression and to see if there are any differences in the risk factors between this Jamaican population and other countries. Data was gathered over a six week period, 14.2.96 to 25.3.96, in the postnatal clinic at the University Hospital of the West Indies.

The Edinburgh Postnatal Scale was used to detect postpartum depression in the women. A Likert Scale was used to assess their attitudes toward their babies. Demographic, obstetric and psychosocial data were gathered from these women.

The results showed a 26% incidence of postpartum depression in a population of 189 women. The factors that found statistical significance were : attitude scores (P value  $<0.001$ , T value  $>1.96$ ), having a worse than expected experience in having their babies (T value  $>1.96$ ) and having being less frightened due to the information they received on the wards and the clinic(T value  $>1.96$ ). The women detected with postpartum depression did not necessarily look or feel depressed.

This study population had only one risk factor in common with studies from other countries, i.e. having a worse than expected experience in having their babies. This factor was significant in the first week of the puerperium while in this study it was significant at six weeks postpartum.