# CASE STUDY

# A STUDY TO ASSESS THE PREVALENCE OF POSTNATAL DEPRESSION AMONG THE POSTNATAL MOTHERS RESIDING IN SELECTED VILLAGES OF WAGHODIA TALUKA WITH A VIEW TO PROVIDE SELF INSTRUCTIONAL MODULE

Joslin Joseph, Suresh.V, Janki B  Patel

## Abstract

Background: Postnatal Depression is a clinical condition, in which women experience depressed mood, excessive anxiety, insomnia, and change in weight during the postnatal period. It affects up to 30 % of mothers who gave birth. This study therefore is intended to determine the prevalence of postpartum depression Aims & objective: The aim of my study is to assess the prevalence of postpartum depression among postnatal mothers with a view to provide self instructional module so as to reduce the Postnatal Depression score. Material and Method: Descriptive cross sectional research design and convenient sampling technique was adopted to achieve the goal of the study.  The tool used were demographic data & Edinburgh Postnatal Depression Scale. The sample was 90 postnatal mothers residing in selected villages of Waghodia Taluka. Results: The collected data was tabulated and analysed using descriptive and inferential statistics. The mean percentage of Postnatal Depression was 21.83% and the $X^2$ value for only certain socio demographic variable and Postnatal Depression was found to more than the table value which indicated the significant association between Postnatal Depression and the socio demographic variable. Conclusion: Postnatal Depression was prevalent in the postnatal mothers and therefore mothers identified with postnatal depression were provided with self instructional module

## INTRODUCTION

### "Down came the Rain- My journey through Post Partum Depression"- Brooke Sheids

A community based prospective study was carried out in India which reported the incidence of Postnatal Depression in rural women to be around 11%. In adolescent mothers, Postnatal Depression was observed to be 26%.  So as the mother in the rural area are inaccessible to the health care services, with that view a cross sectional study to assess the prevalence of Postnatal Depression among the postnatal mothers residing in selected villages of Waghodia Taluka with a view to provide self instructional module.[8]

According to WHO Depression is a foremost cause of disability for all ages worldwide. The public health significance of depression in woman is undeniable, with life time rates between 10 -25%. According to WHO, by 2020 depression is projected to carry the highest disease burden of all health conditions in women, accounting for 5.7%.[4]

The EPDS is a 10 item self rating scale, developed by Cox et al in 1987, to detect Postnatal Depression. Therefore for an early detection of Postnatal Depression, EPDS has shown to have higher sensitivity. Thus in this study also to identify the mothers with Postnatal Depression EPDS has been used.[5]

The treatment plan for women with Postnatal Depression involves a coordinated interdisciplinary team and a holistic family- centred approach because nurses have frequent contact with women during the perinatal period; they are well positioned to detect women experiencing depression. There are a number of treatment options available for the Postnatal Depression based on the level of depression experienced by the mother. It includes therapies, pharmacological interventions, self instructional module.[6] Treatment and recovery time may vary based on the severity of depression that the individual experiences. Thus it has become essential to rule out the prevalence of Postnatal Depression and provide appropriate treatment to the mothers so as to prevent further complications and reduce the incidence rate.

### Objectives of The Study

1. To assess the prevalence of Postnatal Depression among postnatal mothers.
2. To find an association between prevalence of Postnatal Depression along with selected demographic variables.
3. To provide self instructional module.

### Research Hypothesis

H₁: There will be significant association between the level of depression with their selected socio demographic variables.

## MATERIALS AND METHOD

As considering the study the sample was the postnatal mothers so by using the Convenient sampling technique 90 postnatal were selected from the Waghodiya taluka. The data were collected using the standardized Edinburgh Postnatal Depression scale (EPDS) with including the demographic variables such as age, sex, family composition, economic status, stressful life event, birth complication, family expectation. The analysis part was done by using the frequency and percentage distribution for demographic data analysis and to find out the association between the postnatal depression and selected demographic variables chi-square test was used

## RESULTS

As per the objectives of the study it highlights that the Postnatal Depression score mean percentage is 21.83%. Out of 90 mothers, 13 mothers were found to have Postnatal Depression.

**Table 1** Demographic Variables of Postnatal Mothers

| Sr. No | Variable | Frequency (f) | Percentage (%) |
|--------|----------|---------------|----------------|
| | Age (In Years) | | |
| | 15-25 | 47 | 52.2% |
| 1 | 26-35 | 35 | 38.9% |
| | 36-45 | 8 | 8.9% |
| | Gender Expectation | | |
| | Girl | 5 | 5.6% |
| | Boy | 25 | 27.8% |
| 2 | Compromised | 20 | 22.2% |
| | No Expectation | 40 | 44.4% |
| | Family Support | | |
| | Good | 50 | 55.5% |
| 3 | Partial | 34 | 37.8% |
| | No Support | 6 | 6.7% |
| | Family Composition | | |
| 4 | Joint | 58 | 64.4% |
| | Nuclear | 32 | 35.6% |
| | Economic Status | | |
| | Rs.10,000/- | 19 | 21.1% |
| 5 | Rs. 15,000-25,000/- | 28 | 31.1% |
| | Rs.30,000 or Above | 43 | 47.8% |
| | STRESSFUL LIFE EVENTS | | |
| | Death of family member | 1 | 1.1% |
| | Disease | 2 | 2.2% |
| 6 | Divorce | 1 | 1.1% |
| | d.No | 86 | 95.6% |
| | Birth Complications | | |
| 7 | a. Yes | 2 | 2.2% |
| | b. No | 88 | 97.8% |

Table 1: Frequency and percentage distribution of postnatal mothers by their characteristics such as age, gender expectation, family support, family composition, economic status, monthly family income, stressful life events, birth complication.

**Table 2** Frequency And Percentage of Prevalence of Postnatal Depression Among Postnatal Mothers

| Sr. No | Postnatal Depression Score | Frequency (f) | Percentage (%) |
|--------|----------------------------|---------------|----------------|
| 1 | 0-13 ( No Depression) | 77 | 85.56% |
| 2 | ≥ 13 (Depression) | 13 | 14.44 |
| | TOTAL | 90 | 100% |

Table 2: represents the assessment of Postnatal Depression score among the postnatal mothers in which 77 mother were found below the score of 13 on the EPDS with a 85.56%, and 13 mother were found above the score 13 on EPDS with 14.44%.

In this study it was found there were significant association between the some of the socio demographic variables like family support in which calculated value of chi-square was 20.68 more than table value of chi-square 5.99, at the Df level 2 and $P<0.05$ level of significance, family composition calculated value of chi-square was 5.42 more than the table value of chi-square 3.84, at the 1 level of Df and $P<0.05$ level of significance, the chi-square value of economic status was 17.72 which is more than the table value 5.99, at the 2 degree of freedom and $P<0.05$ level of significance.
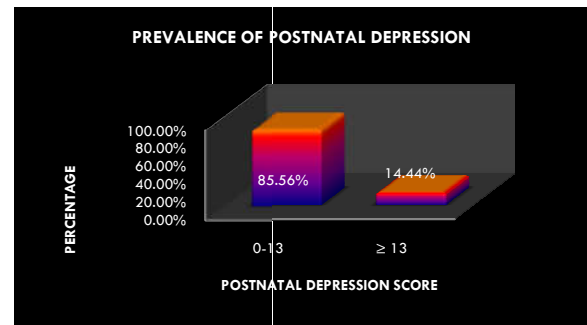


Thus hypothesis H1 was accepted which stated that there will be significant association of socio demographic variable and Postnatal Depression. And as pre the last objective the identified mothers were provided with self -instructional module.

## DISCUSSION

This study intended to find out the prevalence of postnatal depression among the postnatal mothers residing in Waghodia Taluka. 13 mothers were identified depressive among 90 mothers. It is suggested that the study could be carried out on a larger sample for better result. An experimental study could be conducted to evaluate the effectiveness of self instructional module in reducing Postnatal Depression score. The study could be carried out on a larger sample to generalize the findings. An experimental study could be conducted on observing the effectiveness of several therapies in reduction of Postnatal Depression.

## CONCLUSION

The purpose of this study was to assess the prevalence of Postnatal Depression among the postnatal mothers residing in selected villages of Waghodia Taluka. The prevalence of Postnatal Depression was found in 13 mothers among the 90 postnatal mothers. The researcher provided with self instructional module to those mothers identified with Postnatal Depression. This study was thus useful in identifying the mothers with Postnatal Depression.

**Table 3** Association Between Age of Postnatal Mother And Postnatal Depression

| Sr.No | Variables | Scores which falls below the Median | Scores which falls at Median and Above | Total | DF | X² | Level of significance |
|---|---|---|---|---|---|---|---|
| | **Age (in years)** | | | | | | |
| | 15-25 | 22 | 25 | 47 | | | |
| 1 | 26-35 | 20 | 15 | 35 | | | |
| | 36-45 | 2 | 6 | 8 | 2 | 2.86 | NS |
| | Total | 44 | 46 | 90 | | | |
| | **Gender** | | | | | | |
| | Girl | 2 | 3 | 5 | | | |
| | Boy | 11 | 14 | 25 | | | NS |
| 2 | Compromised | 5 | 15 | 20 | 3 | 6.76 | |
| | No Expectation | 24 | 16 | 40 | | | |
| | Total | 42 | 48 | 90 | | | |
| | **Family Support** | | | | | | |
| | Good | 34 | 16 | 50 | | | |
| 3 | Partial | 6 | 28 | 34 | 2 | 20.68 | S |
| | No Support | 3 | 3 | 6 | | | |
| | Total | 43 | 47 | 90 | | | |
| | **Family Composition** | | | | | | |
| | Joint | 33 | 25 | 58 | | | |
| 4 | Nuclear | 10 | 22 | 32 | 1 | 5.42 | S |
| | Total | 43 | 47 | 90 | | | |
| | **Economic Status** | | | | | | |
| | Rs.10,000/- | 3 | 16 | 19 | | | |
| | Rs.15,000-25,000/ | 10 | 18 | 28 | | | |
| 5 | Rs.25,000 or above | 30 | 13 | 43 | | | |
| | Total | 43 | 47 | 90 | 2 | 17.72 | S |
| | **Stressful Life Events** | | | | | | |
| | Death | 0 | 1 | 1 | | | |
| | Disease | 0 | 2 | 2 | | | NS |
| 6 | Divorse | 0 | 1 | 1 | | | |
| | No | 42 | 44 | 86 | 3 | 3.65 | |
| | Total | 42 | 48 | 90 | | | |
| | **Birth Complications** | | | | | | |
| | Yes | 0 | 2 | 2 | | | |
| 7 | No | 43 | 45 | 88 | 1 | 1.85 | NS |
| | Total | 43 | 47 | 90 | | | |

**Table 3:** Represent that the association of Postnatal Depression with selected demographic variables. The Median score is and according to that divided into two categories such as score which falls at median and above and score which falls below median.

### Reference

1. Chaudron LH. Postpartum Depression. *Paediatrics in review.* 2003 May; 24(5):155.
2. Cohn,M Europes inner demons. Chatto-Heinemann, Sussex Universitypress (1975).
3. D.C Dutta. Text Book of Obstetrics. 6th Edition. Published by New Central book Agency Pvt. Ltd. Calcutta; 2004. Pp: 443-444.
4. Dennis CL, Dowswell T. Psychosocial and psychological interventions for preventing postpartum depression. The Cochrane Library. 2013 Jan 1
5. Eberhard-Gran M, Eskild A, Tambs K, Opjordsmoen S, Ove Samuelsen S. Review of validation studies of the Edinburgh Postnatal Depression Scale. *Acta Psychiatrica Scandinavica.* 2001 Oct 1;104(4):243-9.
6. Hellen. K Postpartum Depression 2002,www.mayoclinic.org/.../postpartum-depression/.../treatment/con-200291...
7. Hewitt CE, et al. Methods to identify Postnatal Depression in primary care: an integrated evidence synthesis and value of information analysis. *Health Technol Assess* 2009;13(36):1-3
8. Lucy C, Women And postpartum Depression 2015,www.helpguide.org/.../depression/postpartum-depression-and-the-baby
9. Margrete.P,Postpartum and Women 2014, http://www.chss.iup.edu/postpartum

*******