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Quality of life of postpartum depressed women referring primary health center in Mazandaran Province

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Depression (PPD) is most common psychological problem after child's birth which affects women health. Scarce studies assessed relationship between postpartum depression and quality of life in developing nations. This study aimed to determine this relationship. In a longitudinal study, 618 women's during 32-42 weeks of pregnancy referring to Mazandaran primary health centers were recruited to assess relationship between their quality of life and postpartum depression. Data was collected using Edinburgh Postnatal Depression Scale and SF36 for 6-8 weeks postpartum. The mean scores of whole SF36 and all domains of it in two groups of postpartum depressed and non-depressed women were compared. Data was analyzed using descriptive analysis, t-test and chi-square test. The prevalence of postpartum depression was 22.7%. There was a significant relationship between mean scores of whole SF36 and all domains of it in two groups of postpartum depressed and non-depressed women. The mean scores of vitalities, physical functioning, bodily pain, general health perceptions, physical role functioning, emotional role functioning, social role functioning, mental health domains of SF36 in depressed women were lower than non-depressed ones. Due to high prevalence of postpartum depression and its effect on quality of life during an important period of women life, the screening and intervention programs for preventing of postpartum depression and educated women on improving their life style are suggested.

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