

Annual Congress on Mental Health

July 09-11, 2018 | Paris, France

Mental health treatment preferences among Israeli postpartum mothers



Meital Simhi

University of the Negev, Israel

Background: The prevalence of post-partum depression (PPD) is 10-20% among new mothers, with rates higher among low income and immigrant populations. Most women do not get treatment for PPD. The aims of the current study were: 1) to describe the preferences for getting mental health treatment for PPD across three dimensions; type of treatment, profession of service provider, and service delivery mode; 2) characterize the preferences by elements of health beliefs, health status and cultural group.

Methodology: Thousand (1000) women who attended Maternal Child Health Clinics in the Rehovot sub-district for a first medical exam of their infant (nine weeks postpartum) participated in a cross-sectional survey.

Data Analysis Methods: Standard bivariate and multivariate procedures using SPSS.

Results: In this sample, 10.6% of the respondents suffered from PPD as measured by the Edinburgh Postnatal Depression Scale (EPDS), scoring over nine on EPDS. Depressed mothers were characterized by low income, ($p \leq 0.001$ $r = 0.17$) and medical problems during pregnancy ($p \leq 0.001$ $r = 0.11$). Women preferred to receive professional help in a community treatment center, delivered by mental health professionals, and to receive face-to-face treatment. Correlations were found between treatment preferences and years of education, income, immigration

status, and health beliefs. Depressed mothers were less likely to prefer treatment in the community treatment center, and they often preferred not to seek treatment at all ($r = -0.09$, $p \leq 0.01$). In conclusions, women who suffer from PPD represent a high-risk population who can significantly benefit from suitable, accessible treatment. This research clearly indicates the preferences of women in terms of where to receive treatment, from what type of professionals and in which modality.

Biography

Meital Simhi is a PhD student in the Faculty of Humanities and Social Sciences at Ben Gurion University. She holds a BA and MA in Social Work from Ben Gurion University. Her PhD study dealt with the relationship between social- demographic characteristics, health beliefs and treatment preferences for PPD among Israeli postpartum mothers. She has presented her thesis results at several conferences. Her PhD research proposal won awards from the ISEF Committee for Excellence in Education as an outstanding PhD student and from "NA'AMAT", the movement of working women and volunteers, as research that promotes the status of women's health.

osaadon@post.bgu.ac.il

Notes: