

Prevalence, incidence and correlates of postpartum depression in the Puttalam District.

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The EPDS was considered a reliable and valid instrument to determine postpartum depression and the cut off scores were identified as 9/10 for antenatal and postnatal mothers. Prevalence and incidence of postpartum depression was 32.1 and 23.9 respectively. The correlates for prevalence were unplanned pregnancy, conflicts with husband, physical abuse during pregnancy, use of harsh words by the husband death of a friend, normal vaginal delivery and low birth weight, illness and poor night sleeping patient of the baby. The correlates for incidence were death of a friend, arguments with family members, normal vaginal delivery, condition of the baby, prematurity and illness of the baby. The use of the EPDS is recommended for field use by the public health staff. Mental health services to be made available and accessible. Family and pregnancy planning to be strengthened. To carry out awareness programs for health staff and the community on postpartum depression. To emphasize on life skills and personality development among the adolescent. To strengthen the extended family system in order to support the mother in the care of the baby.