

Research Article

Prevalence of Postpartum Depression at an Indian Tertiary Care Teaching Hospital

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ABSTRACT

Background: The term postpartum depression can be used to characterize all kinds of depressive symptoms after child birth. Every year approximately 10-20% of new mothers were affecting by this disorder. A mother's ongoing depression can contribute to behavioral, emotional, cognitive and interpersonal problems in later life. Post partum depression which is left untreated may have long term adverse effects. Approximately more than 50% of the post partum depression cases were left unrecognized at present. Hence, in this study, we made an attempt to assess the prevalence of post partum among the post partum women who were interviewed after their recent delivery. **Methods:** This was a prospective observational study involving post partum women who have delivered a baby recently, were included in the study and they were interviewed after one week of their delivery. Patients who were not willing to participate and patients with other existing psychological disorders were excluded from the study. Data collection was done by using "Hamilton Rating scale for Depression". **Results:** A total of 236 postpartum women were screened for depression by using the Hamilton rating scale for depression and about 74(31.4%) were found to be with depression. According to Hamilton's rating scale for depression, 81.1% of the depressed postpartum women were found to be mildly depressed, 14.9% were found to be moderately depressed, 2.7% were found to be severely depressed and 1.3% were observed to be very severely depressed. According to the age wise categorization majority of the postpartum depressed women were found between the age group of 21 to 25 years (55.4%), followed by the age group 16 to 20 years (24.3%). Based on the severity of depression majority of the postpartum women were of 21-25 years age and most of them were found to be mildly depressed followed by moderately depressed. According to the gravidae wise categorization majority of the postpartum depression women belongs to gravidae-2 (47.3%) followed by gravidae-1 (31.1%). Among 74 depressed postpartum women, 23 (31.1%) were of gravidae-1, 35 (47.3%) were of gravidae-2, 13 (17.7%) were of gravidae-3, 2 (2.7%) were of gravidae-4, and the remaining 1 (0.2%) belongs to gravidae-5. **Conclusion:** According to our study, the prevalence of postpartum depression was found to be 31.4%. Majority of depressed individuals were of mildly depressed followed by moderately depressed. Most of the depressed individuals belong to multi gravidae due to various reasons that includes still birth, family pressure about the gender of the child, bad relationship with husband and previous miscarriages. In our study very few people were found with co morbidities like anemia, hypertension, diabetes mellitus and hypothyroidism in which the severity of the depression more. Sleep disturbances, work and activity, changes in the appetite and general somatic symptoms were observed to be more common among the postpartum women with depression. It is the responsibility of all the healthcare professionals to rule out the postpartum depression at an early stage which helps the patient in reducing the emotional suffering.

Keywords: Depression, Postpartum women.

INTRODUCTION

The term postpartum depression can be used to characterize all kinds of depressive symptoms after child birth¹. Every year approximately 10-20% of new mothers were affecting by this disorder². Hippocrates was the first person who discussed about the mental disturbances followed by child birth³. But it was well described by Lewis Marce, a french psychiatrist in the year 1853¹. A mother's ongoing depression can contribute to behavioral, emotional, cognitive and interpersonal problems in later life⁴. It is the responsibility of the gynecologists and other

health care professionals to rule out the post partum depression. Selective Serotonin Reuptake Inhibitors (SSRIs) and Serotonin and Noradrenaline Reuptake Inhibitors (SNRIs) are the choice of drugs for treating post partum depression⁵. Various psychotherapy techniques have found to be effective in the management of post partum depression. A combination of pharmacotherapy and psychotherapy is most effective⁶. Post partum depression which is left untreated may have long term adverse effects. Approximately more than 50% of the post partum depression cases were left unrecognized at

Table 1: Severity of depression among the depressed postpartum women.

Severity	Total	Percentage
Mild	60	81.1%
Moderate	11	14.9%
Severe	2	2.7%
Very Severe	1	1.3%
Total	74	100%

Table 2: Age wise categorization.

Age	Total no. of postpartum women included in the study (%)	Total no. of postpartum women observed with depression (%)
16-20 Years	90 (38.1)	18 (24.3)
21-25 Years	115 (48.8)	41(55.4)
26-30 Years	25 (10.6)	11(14.9)
31-35 Years	5 (2.1)	3 (4.1)
36-40 Years	1 (0.4)	1(1.3)
Total	236 (100)	74 (100)

present⁷. Hence, in this study, we made an attempt to assess the prevalence of post partum among the post partum women who were interviewed after their recent delivery.

METHODS

This was a prospective observational study involving post partum women who were delivered at Ganni Subba Lakshmi Hospital, Rajahmundry for a period of 6 months. Women who have delivered a baby recently, were included in the study and they were interviewed after one week of their delivery. Patients who were not willing to participate and patients with other existing psychological disorders were excluded from the study. Data collection was done by using "Hamilton Rating scale for Depression" which was developed by Max Hamilton in 1960 for determining the patient's level of depression.

RESULTS

A total of 236 postpartum women were screened for depression by using the Hamilton rating scale for depression and about 74(31.4%) were found to be with depression.

Severity of Depression Based on Hamilton's Rating Scale
According to Hamilton's rating scale for depression, 81.1% of the depressed postpartum women were found to be mildly depressed, 14.9% were found to be moderately depressed, 2.7% were found to be severely depressed and 1.3% were observed to be very severely depressed. Table

1 represents the Severity of depression among the depressed postpartum women.

Age Wise Categorization

According to the age wise categorization majority of the postpartum depressed women were found between the age group of 21 to 25 years (55.4%), followed by the age group 16 to 20 years (24.3%). Table 2 represents the age wise categorization of the postpartum women included in the study along with postpartum women with depression. Based on the severity of depression majority of the postpartum women were of 21-25 years age and most of them were found to be mildly depressed followed by moderately depressed. Table 3 represents the age wise categorization of the postpartum women based on their severity of depression.

Gravidae Wise Categorization

Table 4 represents the gravidae wise categorization of postpartum women with depression and without depression. Table 5 represents the gravidae wise categorization of the postpartum women. According to the gravidae wise categorization majority of the postpartum depression women belongs to gavidae-2 (47.3%) followed by gravidae-1 (31.1%). Among 74 depressed postpartum women, 23 (31.1%) were of gravidae-1, 35 (47.3%) were of gravidae-2, 13 (17.7%) were of gravidae-3, 2 (2.7%) were of gravidae-4, and the remaining 1 (0.2%) belongs to gravidae-5. Table 6 represents the gravidae wise categorization of postpartum women based on their severity of depression. Among gravidae-1, majority of the depressed postpartum women 19 (82.6%) were of mildly depressed and the remaining 4 (17.4%) were of moderately depressed. Among gravidae-2, majority of the depressed postpartum women 27 (77.1%) were mildly depressed followed by 6 (17.1%) were of moderately depressed. The depressed postpartum women belongs to gravidae-3, 13 (100%) and gravidae-5, 1 (100%) were of mildly depressed and the remaining depressed postpartum women of gravidae-4, 2 (100%) were of moderately depressed.

DISCUSSION

According to our study the prevalence of depression among the postpartum women was found to be 31.4% and majority of the women were found to be between the ages of 21-25 years followed by 16-20 with a percentage of 55.4% and 24.3% respectively. In our study the severity of depression was measured by using the Hamilton rating scale for depression. By using the scale we observed that among 74 depressed post partum women, 60 (81.1%) were found to be mildly depressed, 11(14.9%) were found to be moderately depressed, 2(2.7%) were found to be severely depressed and the remaining 1(1.3%) was reported with very severe depression. According to the Gravidae wise

Table 3: Age wise categorization of the postpartum women based on their severity of depression.

Severity	16-20 years (%)	21-25 years (%)	26-30 years (%)	31-35 years (%)	36-40 years (%)
Mild	12 (66.6)	36(87.8)	9(81.8)	2(66.7)	1(100)
Moderate	5(27.8)	3(7.4)	2(18.2)	1(33.3)	0
Severe	1(5.6)	1(2.4)	0	0	0
Very Severe	0	1(2.4)	0	0	0
Total	18(100)	41(100)	11(100)	3(100)	1(100)

Table 4: Gravidae wise categorization of postpartum women with depression and without depression.

Gravidae	Postpartum women with depression	Postpartum women without depression	Adjusted odds ratio	p-value
Primigravida	23	64	0.69 (0.38-1.23)	0.21
Multigravida	51	98		

Table 5: Gravidae wise categorization of the postpartum women.

Gravidae	Total no. of postpartum women included in the study (%)	Total no. of postpartum women observed with depression (%)
G1	87 (36.9)	23 (31.1%)
G2	107 (45.3)	35 (47.3%)
G3	33 (14)	13 (17.6%)
G4	6 (2.5)	2 (2.7%)
G5	3 (1.3)	1 (1.3%)
TOTAL	236 (100)	74 (100%)

Table 6: Gravidae wise categorization of postpartum women based on their severity of depression.

Severity	G1 (%)	G2 (%)	G3 (%)	G4 (%)	G5 (%)
Mild	19(82.6)	27(77.1)	13(100)	0	1(100)
Moderate	4(17.4)	6(17.1)	0	2(100)	0
Severe	0	2(5.8)	0	0	0
Very Severe	0	0	0	0	0
Total	23(100)	35(100)	13(100)	2(100)	1(100)

calculation, majority of the depressed post partum women was found to be in the gravidae-2 (multigravida) followed by Gravidae – (primigravida). In multigravida post partum depressed women, the main cause for the increase of the depressed is having family pressure about the gender of the child born (especially male child). The severity of the depression of the post partum women was more in multigravida (especially G2) due to various reasons that includes still birth, increase of the family pressure about the gender of the child, previous miscarriages and who are having abnormalities in the previous child in the case of consanguineous marriage. Among 74 depressed post partum women, majority of the post partum women were found to be without complications. But the severity of the depression was found to be more in case of post partum women having complications like anemia, hypertension, diabetes mellitus and hypothyroidism. Among the

depressed post partum women, majority of them were of literates and about 5.4% of the postpartum women were reported that they are having bad relationship with husband due to financial problems. Majority of the depressed women reported depression symptoms like depressed mood, sleep disturbances, work and activities, decrease in the appetite and general somatic symptoms and none of them reported the genital symptoms, hypochondriasis, insight, diurnal variation, paranoid symptoms and obsessive compulsive symptoms.

CONCLUSION

According to our study, the prevalence of postpartum depression was found to be 31.4%. Majority of depressed individuals were of mildly depressed followed by moderately depressed. Most of the depressed individuals belong to multi gravidae due to various reasons that includes still birth, family pressure about the gender of the child, bad relationship with husband and previous miscarriages. In our study very few people were found with co morbidities like anemia, hypertension, diabetes mellitus and hypothyroidism in which the severity of the depression more. Sleep disturbances, work and activity, changes in the appetite and general somatic symptoms were observed to be more common among the postpartum women with depression. It is the responsibility of all the healthcare professionals to rule out the postpartum depression at an early stage which helps the patient in reducing the emotional suffering.

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