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To determine the prevalence of postpartum depression in patients in RD Gardi Medical College, Ujjain

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Abstract
Background: Postpartum depression (PPD) is a mood disorder that affects adult mothers yearly with depressive symptoms that often occurs within a few months to a year after birth. The present study was conducted to determine the prevalence of postpartum depression in patients in RD Gardi Medical College, Ujjain.
Material and method: This descriptive cross-sectional study was conducted at RD Gardi Medical College, Ujjain to determine the prevalence of postpartum depression in patients. The study was conducted within a period of 2 months. The complete data collection was done . A Patient Health Questionnaire (PHQ-9) was used to screen for depression. The PHQ-9 is a 9-question instrument given to patients in a primary care setting to screen for the presence and severity of depression. Data were analyzed using statistical software SPSS version 21.0.
Results: In the present study total women included were 300 in which maximum women were of age group 18-27 years (45.3%). Out of 300 women, the majority (90%) did not have any indications of postpartum depression (PPD), while 10% had postpartum depression (PPD). The severity of depression shows that 40% out of the total number of women had minimal depression; 23.33% had moderate depression and mild depression, respectively; 3.33% had moderately severe depression with 10% of the women had severe depression.
Conclusion: This study concluded that the majority women did not have any indications of postpartum depression. The severity of depression shows that 40% out of the total number of women had minimal depression; 23.33% had moderate depression and mild depression, respectively; 3.33% had moderately severe depression with 10% of the women had severe depression.

Keywords: postpartum depression, cognitive, socio-emotional development

Introduction
Postpartum depression is a very common problem, which occurs in women of childbearing age within 6 weeks of childbirth, but is often unrecognized or undiagnosed and a significant public health burden. [1] Postpartum depression (PPD) is a mood disorder that affects approximately 10–15% of adult mothers yearly with depressive symptoms lasting more than 6 months among 25–50% of those affected. [2] Postpartum depression (PPD); a non-psychotic depressive disorder classified by the Diagnostic and Statistical Manual of Mental Disorders as an Episode of Major Depressive Disorder that begins within 4 weeks of childbirth. [3] PPD is associated with increased chronic medical disorders [4] and risk-related behaviors such as tobacco smoking [5] and alcohol abuse [6]. Universal screening is an optimal approach to detection of new mothers who are suffering from depression following childbirth. [7] There is evidence that PDS has negative effects on the family [8], child's well-being and cognitive and socio-emotional development [9, 10], and mother-child interaction. [10] Major predisposing factors for developing PPD are social in nature usually stressful life events, childcare stress, and prenatal anxiety appears to have predictive value for PPD. In addition, a history of the previous episode of PPD [11], marital conflict, and single parenthood are also predictive.[12] The present study was conducted to determine the prevalence of postpartum depression in patients in RD Gardi Medical College, Ujjain.

Methods
This descriptive cross-sectional study was conducted at RD Gardi Medical College, Ujjain to determine the prevalence of postpartum depression in patients. The study was conducted within a period of 2 months. Before the commencement of the study ethical approval was taken from

the Ethical Committee of the institution and written informed consent was obtained from the patients. The study population included mothers who were within 12 months after delivery because postpartum depression usually affects women within 12 months after giving birth. The mothers who had given birth and were within 12 months after delivery were 300. The complete data collection was done by the investigator by using questionnaire. A Patient Health Questionnaire (PHQ-9) was used to screen for depression. The PHQ-9 is a 9-question instrument given to patients in a primary care setting to screen for the presence and severity of depression. Data were analyzed using statistical software SPSS version 21.0.

Results: In the present study total women included were 300 in which maximum women were of age group 18-27 years (45.3%). Out of 300 women, the majority (90%) did not have any indications of postpartum depression (PPD), while 10% had postpartum depression (PPD). The severity of depression shows that 40% out of the total number of women had minimal depression; 23.33% had moderate depression and mild depression, respectively; 3.33% had moderately severe depression with 10% of the women had severe depression.

Table 1: Distribution according to age

Age group	N (%)
18-27 years	136(45.33%)
28-37 years	70(23.33%)
38-49 years	49(16.33%)
49 years and above	45(15%)
Total	300(100%)

Table 2: Prevalence of postpartum depression

Prevalence of postpartum depression	N (%)
PPD absent	270(90%)
PPD present	30(10%)
Total	300(100%)

Table 3: Severity of depression

Severity of depression	N (%)
Minimal depression	12(40%)
Mild depression	7(23.33%)
Moderate depression	7(23.33%)
Moderately severe depression	1(3.33%)
Severe depression	3(10%)
Total	30(100%)

Discussion: PPD is a far more serious disorder. Most investigators agree that around 10–15% of women who give birth will suffer from PPD in the first months after delivery.[13] Although it has been suggested that PPD might be more frequent in urban societies, recent studies in non-Western countries showed that PPD has similar prevalence rates in different societies worldwide.[14]

In the present study total women included were 300 in which maximum women were of age group 18-27 years (45.3%). Out of 300 women, the majority (90%) did not have any indications of postpartum depression (PPD), while 10% had postpartum depression (PPD). The severity of depression shows that 40% out of the total number of women had minimal depression; 23.33% had moderate depression and mild depression, respectively; 3.33% had moderately severe depression with 10% of the women had severe depression.

The study evidenced that the prevalence of postpartum depression in studies conducted in Iran was 23.2%[15] and 28.1% in the Trabzon province [16].

Inandi *et al*. reported incidence of 31.1% for non-psychotic PPD in Turkish mothers in the 1 st year. [17]

The high prevalence rate of 23% at 6-8 weeks in a follow-up of 270 women from antenatal to postpartum period by Patel *et al*. [18]

Chandran *et al*. [19] and Thangappah *et al*. [20] reported prevalence of 11.0% and 5.9% in rural south India.

Perceived social isolation or lack of social support during pregnancy is a strong contributor to depressive symptoms during postpartum period [21].

Fisher *et al*. argued that perinatal mental health problems were not observed in traditional cultures, including low income settings, because women were given structured postpartum care, which included a status of honour, relief from normal household tasks, and a mandated period of rest which are protective. [22]

Conclusion: This study concluded that the majority women did not have any indications of postpartum depression. The severity of depression shows that 40% out of the total number of women had minimal depression; 23.33% had moderate depression and mild depression, respectively; 3.33% had moderately severe depression with 10% of the women had severe depression.

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