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Descriptive Observational Study to Assess the Prevalence of Post Partum Depression among Primigravida Mothers in Selected Tertiary Care Teaching Hospital at Kuppam, Chittoor Distt, Andhra Pradesh.”

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Abstract *The current research utilized a non-experimental quantitative approach combined with a descriptive observational design. Through the utilization of non-probability purposive sampling, 164 primigravida mothers were deliberately chosen for inclusion in the study. Postpartum depression was assessed using by Edinburgh postnatal depression scale. The levels of postpartum depression score among 164 primigravida mothers about 66 (40.20%) mothers had normal depression, 47 (28.70%) mothers had mild depression, 41(25.00%) mothers had moderate depression and 10 (6.10%) mothers had severe depression. The mean score of postpartum depression were 10.82 with a SD 5.92 and R-value 0.763. Study concludes that there was a mild and moderate levels of postpartum depression among the primigravida mothers.*

Keywords: Assess, Postpartum Depression, Primigravida Mothers, Level of DW1epression.

I. INTRODUCTION

Being pregnant is the happiest and memorable event in a life of a woman. She may experience various changes in her body not only the physical changes and also the mental, social, and psychological changes may exist. In these the physical problems can be easily recognizable and can be managed at an early period, but themental or emotional changes cannot be identified easily. The psychological complications arising due to pregnancy and postpartum period include postnatal depression, psychosis and

blues. Among this, postnatal depression is common among women at this stage [1].

Experiencing the journey of becoming a parent marks a significant transition in life. While parenthood brings joy and fulfillment, it can also bring exhaustion and challenges. It's common to feel anxious or uncertain, particularly for new parents. Nevertheless, if these emotions escalate to intense sadness, persistent feelings of isolation, drastic mood changes, and frequent bouts of crying, it might indicate the presence of postpartum depression [2].

II. MATERIALS AND METHODS

Study design, setting, sampling, and tools

Present study adopted non-experimental quantitative approach and descriptive observational designs to assess the prevalence of postpartum depression among primigravida mothers in selected tertiary care teaching hospital at Kuppam, Chittoor district, Andhra Pradesh. The research was carried out in Kuppam, encompassing all primigravida mothers. The sample consisted of primigravida mothers attending the psychiatry obstetrical OPD and immunization clinic at PES Hospital, who volunteered to partake and were accessible throughout the study duration. The sample size of 164 primigravida mothers was determined through power analysis, employing a non-probability purposive sampling technique for selection. For the present study consist of two sections, in that first section includes three parts socio-demographic variables of age, marital status, residence, religion, occupational status of the mothers type of family, monthly income, level of education, occupation of the husband. And maternal variables like Place of antenatal visits, Number of antenatal visits, Gestational weeks, Type of delivery, Number of children, Planned pregnancy, Husband support, Social support, Maternal diseases, Health problems during pregnancy and newborn variables like sex of the baby, weight of the baby, apgar score of the baby and health condition of the baby. Section two includes Edinburgh postnatal depression scale to assess the depression. Reliability of the tool was tested using cronbachs alpha formula method $r=0.763$ [3-5].

Permission

Formal permission was obtained from the medical officer at PES hospital kuppam.

Ethical Consideration

Approval for the study was granted by the Institutional Human Ethics Committee at PES Institute of Medical Sciences and Research, under the reference number PESIMSR/IHEC/C-23/2022, dated June 3rd, 2022.

Data collection procedures

Method of recruiting and preparing the child teacher for the study

Step 1 involved formally seeking permission from the medical officers at PES Hospital in Kuppam.

Step 2 comprised the researcher's introduction, along with an explanation of the study's objectives and scope, followed by obtaining informed consent from the participants.

Step 3 included gathering socio-demographic data and variables related to both maternal and newborn aspects from the primigravida mothers.

Step 4 consisted of administering the standardized postpartum depression scale, specifically the postnatal depression scale.

Step 5 allocated 10 to 15 minutes for each participant to complete the interview schedule.

Statistical analysis

The collected data were entered into MS Excel 365 and analyzed using STATA 15.0 (Table 1).

Table 1: Description of data analysis

Sl. No	Type of statistics	Method	Objectives
1	Descriptive Statistics	frequency and percentage	To describe the demographic variables of the primigravida mothers
		frequency and percentage	Assess the postpartum depression among primigravida mothers
2	Inferential Statistics		
		Chi-square	Associate the levels of postpartum depression with their demographic variables

III. RESULTS

Socio Demographic Data

The study examined the frequency and percentage distribution of socio-demographic variables among primigravida mothers.

- **age (in years)** : majority 81 (49.40%) of the primigravida mothers were belongs to 21-25 years, 71(43.30%) of them were belongs to below 21 years,12(7.30%) of them were belongs to 26- 30 years.
- **Marital status**: majority 156 (95.10%) of the primigravida mothers were married and 5(3.00%) of them got separated/divorced with their partners and 2 (1.20%) primi mothers were widowed and only 1(0.60%) was single mother.
- **residence**: about 94(57.30%) of the primigravida mothers were living in urban area,

70(42.70%) of them were living in rural area.

- **Occupational status of the mothers:** Approximately 35 (21.30%) of the primigravida mothers held employment in the private sector, 9 (5.50%) were engaged in government employment, 98 (59.80%) fulfilled the role of homemaker, and 22 (13.40%) were employed as daily wage workers. **Type of the family:** 139(84.80%) of the primigravida mothers were belongs to Nuclear family and 25(15.20%) of them were belongs to joint family.
- **Monthly income in (rupees):** about 11(6.70%) of the primigravida mothers monthly family income were 14000 and below, 76 (46.30%) of them were between 15,000-24,000, 52 (31.70%) of them were between 25,000-49,000 and 25 (15.20%) of them were 50000 and above per month.
- **Level of education:** About 2(1.20%) of the primigravida mothers were illiterates, 7(4.30%) of them were had primary education, 67(40.90%) of them were had secondary education, 33 (20.10%) of them had gone to high school and 55(33.50%) of them were graduates and above.
- **Occupation status of the husband:** Around 85 (51.80%) were employed in private sector jobs, while only 4 (2.40%) held government employment positions.
- **Maternal variables**
 - The frequency and percentage distribution of the maternal variables among primigravida mothers in regarding with
 - **Place of antenatal visits:** Majority of the primigravida mothers visited the private hospitals 102 (62.20%), 61 (37.20%) visited for their antenatal visits were in government hospitals and 1 (0.60%) visited the nursing homes nearby.
 - **Number of antenatal visits (in numbers):** about the 121 (73.80%) primigravida mothers visited 0-4 times, 40(24.40%) visited between the 4-8 and 3 (1.80%) were in between the 8-12 times.
 - **Gestational weeks:** 135(82.30%) of the primigravida mothers were inbetween the 33-38 weeks, 17 (10.40%) were above 40 weeks, 8(4.90%) belongs to 28-32 weeks of gestation and 4(2.40%) belongs to below 28 32 weeks of gestation and 4(2.40%) belongs to below 28weeks.
 - **Type of delivery:** Majority 127 (77.40%) of primigravida mothers had normal vaginal delivery and 37 (22.60%) mothers had lower segment caesarean section.
 - **Number of children:** about 151(92.10%) of the primigravida mothers had single child and 13(7.90%) of them were had twins.
 - **Planned Pregnancy:** 111 (67.70%) of the primigravida mothers had planned their pregnancy and 53 (32.30%) had unplanned pregnancy.
 - **Husband support:** Majority 150 (91.50%) had their husband support and 14 (8.50%) of the primigravida mothers were not supported by their husbands.
 - **Social support:** out of 164- 157 (95.70%) primigravida mothers was supported from their family, 6(3.70%) primigravida mothers was supported from their friends 1(0.60%) had their relatives support.
 - **Maternal diseases:** Majority 142 (86.60%) of them do not have any diseases now,

21(12.80%) of them had the non-communicable diseases and 1(0.60%) of them had communicable diseases

- **Health problems during pregnancy:** Majority 143(87.20%) of the primigravida mothers had the minor problems and 21(12.80%) of them had the major problems.

Newborn variables

- The frequency and percentage distribution of the newborn variables among primigravida mothers in regarding with
- **Sex of the baby:** Majority of the babies were 95 (59.90%) females and 69(42.10%) of the babies were male.
- **Weight of the baby:** Out of 164- 132 (80.50%) were in between the 2.5kg-4kg, 23(14.00%) were below 2.5kg and the remaining were above 4kg.
- **APGAR score of the baby:** majority 142 (86.60%) of them were in between 8-10, 20 (12.20%) were in between 5-7 and 2(1.20%) were below 4.
- **Health condition of the baby:** 145 (88.40%) were healthy babies and 19(11.60%) were unhealthy babies.

Association

The association between levels of depression among with their selected socio demographic variables of primigravida mothers.

The calculated X² values indicating the relationship between postpartum depression and socio-demographic variables among primigravida mothers reveal significant findings. Notably, significant associations were observed at the level of $p < 0.000$ for the age of primigravida mothers, occupational status, and primigravida mothers themselves. Additionally, the type of family structure demonstrated significance at the level of $p < 0.005$. However, other variables did not exhibit significant associations [6].

The calculated X² values regarding the prevalence of postpartum depression among primigravida mothers, concerning their maternal demographic variables, indicate significant findings. Notably, significant associations were observed at the level of $p < 0.000$ for gestational weeks, type of delivery, planned pregnancy, husband support, maternal diseases, and health problems during pregnancy. Additionally, social support exhibited significance at the level of $p < 0.002$. However, other variables did not demonstrate significant associations [7,8].

It is calculated X² values of the prevalence of postpartum depression among primigravida mothers with their New-born variables revealed that there is a significant seen at weight of the baby of primigravida mothers at the level of ($p < 0.002$), Apgar score of the baby of primigravida mothers at the level of ($p < 0.000$), health condition of the baby of primigravida mothers at the level of ($p < 0.000$) were found to be significant and other variable like sex of the baby were not found to be significant [9,10].

CONCLUSION

The present study concludes that by assessing the postpartum depression among primigravida mothers were normal without depression and there was a mild postpartum depression among primigravida mothers and the moderate postpartum depression among primigravida mothers and a very few primigravida mothers have the severe postpartum depression.

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CONFLICT OF INTEREST: The authors declare that there is no conflict of interest in this study.

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