

Joint Event

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## Postpartum depression - predictors and symptoms among women

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Manifestation of mental disorders, including depression, in postpartum period is an ongoing issue in midwifery practice. Previous research has identified several risk but also protective factors affecting the onset and progression of postpartum depression. The aim of our research was 1) to find the occurrence of depressive symptoms in the postpartum women group; 2) to verify the influence of selected factors on the level of PD (Postpartum Depression). Five hundred and ten mothers in postpartum period, mean age 30.60 years ( $\pm 5.3$ ; range 19-45y.) were included in the study. The Edinburgh postnatal depression scale (EPDS) was used to evaluate depressive symptoms; the questionnaire of our own design was used to assess selected factors potentially influencing level of depressive symptoms. The respondents achieved in the EPDS an average score of 9.28 ( $SD = \pm 5.60$ ); and prevalence of severe depressive symptoms ( $EPDS \geq 13$ ) was 25.29%. The linear regression model showed that significant predictors of postpartum depression were: lower education ( $\beta = -.079$ ; 95% CI = [-1.477; -.007]); history of depression ( $\beta = .287$ ; 95% CI = [.680; 3.005]); dependence on the opinion of others ( $\beta = -.097$ ; 95% CI = [.252; 2.010]); concerns about future ( $\beta = .097$ ; 95% CI = [.617; 1.576]); low satisfaction with motherhood ( $\beta = -.132$ ; 95% CI = [-2.847; -.680]); problems with partner ( $\beta = -.090$ ; 95% CI = [-1.239; -.042]); problems with breast-feeding ( $\beta = .82$ ; 95% CI = [.062; 1.124]); tearful child ( $\beta = .089$ ; 95% CI = [.068; 1.040]); negative emotions toward the baby ( $\beta = -.170$ ; 95% CI = [-2.806; -1.029]); and poor mastering of maternity ( $\beta = -.167$ ; 95% CI = [-2.303; -.718]). Significant predictors of postpartum depression can be easily detected in clinical practice. This evaluation would enable midwives to identify mothers at risk and intervene in a timely manner.

### Biography

Lubica Banovcinova has completed her PhD at the Jessenius Faculty of Medicine CU in Martin. She is currently working as an Assistant at the Department of Midwifery JFM CU in Martin. In her Scientific and Pedagogical Work, she focuses on the psychological aspects of childbirth, maternity and midwifery practice. She has been involved in solving several projects in the field of health psychology and midwifery education.

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