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Prevalence and Risk Factors of Postnatal Depression in Females with Cesarean Section and Normal Vaginal Delivery

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Postpartum depression (PND) is currently an important public health problem due to its significant adverse effects on mothers and babies. In recent years, the prevalence of postpartum depression has been increasing. To find the prevalence and risk factors of postnatal depression and association of parenting sense of competence with postnatal depression among females with cesarean section and normal vaginal delivery.

This case-control study was conducted in Allied hospital and Children hospital Faisalabad during a period of 1-1-2019 to 30-06-2020. A non-probability purposive sampling technique was used to enroll 284 women. The Urdu version of Edinburg Postnatal Depression Scale was used to measure postnatal depression. The findings of the study showed the mean age (in years) \pm SD was 27.39 ± 5.26 (min 18 years, max 45 years). According to cut-off score ≥ 13 on EPDS 37.3% women were found depressed while 62.7% women were found non-depressed. The mean EPDS score \pm SD was 10.12 ± 6.27 (min score 0; max score 27). The women's age, women's education, education of head of family, monthly income of family and socio-economic status, mode of delivery, delivery place, number of pregnancies, history of infant death, history of child death, history of miscarriage and number of living children and parenting sense of competence were significantly associated with postnatal depression ($p < 0.05$).

The study concluded socio-demographic, obstetric risk factors, and parenting sense of competence are significant predictors of postnatal depression that need to be addressed in order to sustain safe motherhood.

Recent Publications

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