Prevalence of postpartum depression among women attending vaccination clinics in Khartoum state hospitals from August 2008 to October 2008

Abstract

❖ The aim of this study was to determine the prevalence of postpartum depression in mothers of babes younger than 9 month of age in Al Khartoum State Sudan from the period of August 2008- October 2008. And to study some of the risk factors associated with the development of P.P.D.

❖ The study was facility based (cross-sectional descriptive study) carried out in Vaccination centre in KHARTOUM state health centres on 70 woman. Personal interview was conducted by using Edinburgh Postnatal Depression Scale (EPDS) & Questionnaire about the demographic variables. Data were & analyzed By SPSS programme.

❖ In the studied area the prevalence of P.P.D. was found to be 24.17%. according to the studied risk factors the following were found : 80% of mothers less than 20 years old develop P.P.D. , the prevalence was more sever in illiterate women 44.4% , unstable marriage was found to be significantly associated with developing P.P.D. with 62.5% , & low socio-economic statues increase the prevalence of P.P.D. 66.7%.

❖ The recommendation was to increase the awareness among healthcare givers & parents by providing the information about P.P.D. & incorporate E.P.D.s questionnaire in the routine well babe & paediatric visits. Sever cases should be detected early, treated & followed up (for mother & child).