

P-532 - POSTPARTUM DEPRESSION: RELATED FACTORS IN CLIENTS, WHOM HAD BEEN VISITED IN CLINICS OF TEHRAN UNIVERSITY OF MEDICAL SCIENCES

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Postpartum depression is the most common mood disorder of postpartum period of women's life and seems multivariate are associated with it.

Objective: To identify correlation between personal characteristics and scale of Edinburgh postnatal depression.

Methods: In this cross-sectional study, 597 volunteer postnatal women, whom had been visited in 6 primary health clinics of Iran University of Medical Sciences in Tehran during fourth months after delivery, by consecutive sampling selected. After they filled in informed consent, were interviewed by valid and reliable questioner. (Year 2009) Questioner had two main parts of personal characteristics and self-reporting scale of Edinburgh postnatal depression (EPDS). All ethical points were considered.

Results: Average of age was 27.01 ± 4.94 There were significant correlation between scores of Edinburgh postnatal depression scale and Planned pregnancy of women and their couples, the history of Intra Uterine Fetal Death, women's occupation and their couple's too, family economical status, women's educational status and their couples' too, and smoking habits. Regarding to the cutoff point of EPDS for screening of depression, which 22.65 had it (³13) there were significant correlation just between two characteristics of unplanned pregnancy and unwanted pregnancy by Spouse.

Conclusion: Since there were significantly associated between postpartum depression and spouse unwanted pregnancy, it is better to have more guiding and counseling for the high risk group during pregnancy and postpartum time. It is better to screen all women during postpartum period by Edinburgh postnatal depression scale in health centers for prevention of postpartum morbidity.