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DEPRESSION PREVALENCE AND ITS RELATIONSHIP WITH DELIVERY METHOD IN IRANIAN WOMEN

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Introduction: Postpartum depression is the most common and major health problem affecting mother, newborn and family health.

Objectives: This study aimed to determine depression prevalence and its relationship with delivery method in Iranian women.

Aims: To identify factors contributing to postpartum depression.

Methods: In this cross-sectional study 531 primiparous women were evaluated 20 to 40 days after delivery. The instruments of gathering data were Edinburg Postpartum Depression Scale which were completed via interview. Analysis of data was performed by SSPS 12.0 software.

Results: In total 40.7% of participants had postpartum depression. The depression rate among emergent caesarean, normal delivery and elective caesarean groups was 50%, 40.5% and 27% respectively. There was a significant relationship between delivery method and depression (P=0.001). No significant relationship was found between postpartum depression with age and mother´s education level.

Conclusion: In this study the rate of depression in emergent caesarean group was greater than normal delivery and elective caesarean groups, therefore the method of delivery must be determined before delivery to decrease the rate of emergent caesarean by appropriate strategies. Furthermore, in emergent caesarean some interventions should be performed to decrease the rate of postpartum depression.