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EXERCISE PARTICIPATION IN POSTPARTUM WOMEN IN WESTERN AUSTRALIA

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Introduction: Research evidence suggests that the prevalence rate of postpartum depression in Western countries is 10-25% (Beck, 2001; O' Hara & Swain, 1996). Many women diagnosed with postnatal depression (PND) are reluctant to take antidepressant medication (Whitton, 1996). Coupled with the limited availability of psychological therapies, the consideration of adjunctive interventions for managing PND would appear worthwhile. Physical activity (PA) has been demonstrated to both mediate and improve outcomes for depression (Dimeo, 2001; Nabkasorn et al., 2006) in the general population, and in moderating the impact of PND (Daley, 2009).

Objectives: To describe physical activity participation in a cohort of postpartum women in Western Australia

To investigate the factors associated with physical activity participation in postpartum women
Examine the differences between women reporting PND and those without on physical activity

Aims: Study 1 was the distribution of a postpartum physical activity questionnaire through child health clinics to mothers within the 6 weeks to 12 months postpartum period.

Methods: Cohort design was used to recruit mothers within postpartum period

Results: The results from the study showed that mothers who were at the risk of PND had the same level of physical activity in compare to normal mothers. The T-test showed there was not any significant correlation. Analysis revealed that there was a significant correlation between the effect of PND on parental self-confidence and partner support.

Conclusion: Findings suggest that further exploration needs to be considered to explore mothers' experience of physical activity, its barriers and the interaction of their partners in order to exercise after child birth.