P-1454 - DEPRESSIVE, ANXIETY AND STRESS DISORDERS IN THE POSTPARTUM PERIOD: HOW PREVALENT ARE THEY AND CAN WE IMPROVE THEIR DETECTION? A MAJOR PUBLIC HEALTH PROBLEM

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Aim: The aim of this study was to determine the prevalence of depression, anxiety, and stress during the postpartum period of women and examine the associated factors of these psychiatric disorders.

Subject and method: A prospective cross-sectional study was carried out at the Primary Health Care (PHC)Centers.A representative sample of 2091 pregnant women,appoached 1,659 women (79.3%) expressed their consent.

Methods: The study was based on questionnaire covering socio-demographic , depression, anxiety and stress Scales (DASS-21) and the Beck Depression Inventory-(BDI-II).

Results: The prevalence of depression, anxiety and stress was 18.6% 13.1% and 8.7% respectively. Multivariable analysis showed that maternal education below secondary level (Adjusted OR 1.3, 95% CI: 1.1-1.6), being a housewife (AOR 1.3, 95%CI:1.1-1.6), lack of family support (AOR 1.7,95%CI: 1.3-2.3), unplanned pregnancy (AOR 2.0, 95%CI: 1.6-2.6), no antenatal care (AOR 1.4, 95%CI:1.1-1.8), C-Section delivery (AOR 1.4, 95%CI: 1.1-1.9), and un-satisfaction in marital life (AOR 1.7, 95% CI 1.2-2.4) were significantly more likely to experience post natal depression as compared to women above secondary education, working outside home, have strong family support, planned pregnancy, got antenatal care, vaginal delivery, and satisfied with marital life. Similarly, women with lack of family support, unplanned pregnancy, no antenatal care and c section delivery were also more likely at risk of developing post natal anxiety. In contrast, maternal age >30yrs, education below secondary and unsatisfaction in marital life were factors associated with development of post natal stress.

Conclusions: The prevalence of depression, anxiety and stress was considered high than Western countries.