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Screening for Postpartal Depression with Edinburgh Postnatal Depression Scale in Home Visits to New Mothers in Sarajevo Canton

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Introduction: Postpartum depression is a non-psychotic depressive episode occurring in postpartum period or continuing from pregnancy. Prevalence of PPD is about 12% in general population. The most dangerous consequences of PPD are mother's suicide and infanticide.

Aims: Assess symptoms of PPD in the first month after delivery at regular home visits to new mothers using Edinburgh Postnatal Depression Scale (EPDS) and symptoms of acute stress reaction using Impact of Events Scale revised (IES-R). Determine correlation between EPDS and IES-R scores. Determine risk factors for PPD comparing results of EPDS scale and socio-demographic questionnaire.

Methods: Study included 50 women, ages between 21 and 42 who gave birth less than a month prior to assessment. Instruments used for this study were: EPDS, IES-R and socio-demographic questionnaire specifically designed for this study.

Results: 16% of women had EPDS scores indicating possible PPD, 16% had clinically insignificant symptoms, while 4% had clinically significant symptoms of postpartum PTSD. A significant correlation between EPDS and IES-R score was determined. These variables showed statistically significant influence on EPDS score: age of mother at first pregnancy, education, work status, smoking during pregnancy and Caesarean section. All women who had EPDS indicating possible PPD had 3 or more risk factor for PPD.

Conclusions: The results indicate considerable presence of PPD in women in Sarajevo Canton, and the need for screening for PPD and timely interventions that can prevent possible complications some of which can be serious. .

Key words: postpartum depression, EPDS, IES-R, postpartum PTSD.