

Postpartum Depression, Prevalence and Risk Factors: A Prospective Study Conducted at the University Obstetric Gynecological Hospital "Koco Gliozheni"

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Abstract

Introduction: Postpartum depression affects 10-15% of women after childbirth and is a health pathology which has short-term and long-term effects on young mothers, their children and families.

The aim of this study was to assess the prevalence of postpartum depression at the University Obstetric Gynecological Hospital "Koco Gliozheni" and to look at its risk factors.

Material and methods: This is a prospective study conducted at the University Obstetric and Gynecological Hospital "Koco Gliozheni" during a period of 1 year through which postpartum depression in women was assessed, also the factors that may affect postpartum depression.

This study was conducted from January 2021 to December 2021 and included 200 patients. The p

values < 0.05 were considered statistically significant.

Results: The study found that the prevalence of postpartum depression was 8% and 92% of women surveyed did not have postpartum depression.

The study also assessed the degree of postpartum depression and found that: 40% of women had minimal depression, 22% had mild depression, 21% had moderate depression, 11% had moderately to severe depression, and 6% had severe depression. It was estimated that the average age of women who had developed postpartum depression was 27 years. Mode of delivery (vaginal vs. cesarean section) was not significantly associated with depression (OR-1,03, 95%CI: 0,578-1,85, $p=0,9$). We found a

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statistically significant association between the perinatal complications and postpartum depression (OR-3,36, 95 % CI: 1,703-6,656, $p=0,005$) also with prenatal depression and anxiety and PPD (OR-2,37, 95%CI; 1,33-4,23, $p=0,003$). No statistically significant association was found between the maternal education, age, employment, household income and PPD.

80% of women in the study did not seek psychological counseling for their condition.

Conclusions: Postpartum depression greatly affects the quality of life of new mothers. Early diagnosis and treatment of postpartum depression will affect both these mothers and their babies, as well as the atmosphere of the whole family.

Keywords: postpartum depression, mother, women.