INFLUENCE OF RELATIONSHIP BETWEEN PRIMIGRAVIDAS AND THEIR MOTHERS AND MOOD STATES ON POSTPARTUM DEPRESSION

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Objectives:
Based on the Japanese cultural convention, gravidas go back to their mothers before delivery and stay for a few months after childbirth. This study was conducted to examine the influence of relationship between primigravidas and mothers and mood states on postnatal depression.

Materials:
The self-reported questionnaires used in this study are Japanese version of Edinburgh Postnatal Depression Scale (EPDS, Okano et al, 1996), Japanese version of Short-Form Profile Of Mood States (SF-POMS, Yokoyama et al, 2005), and Primigravida-Mother Relationship Scale (PMRS, Okayama, 2011). The level of depression was determined with cut-off score adopted in Japan; eight or less is classified into mild depression group and nine or more into severe depression group.

Methods:
A longitudinal study was conducted for 167 Japanese primigravidas and their real mothers at third trimester of pregnancy period and one month after the delivery.

Results:
The number of severe group was 16 (9.5%) in the third stage of pregnancy, and 56 (20.8%) in the postnatal period. As a result of the logistic regression, significant factors on postnatal severe depression are "Independence from Mother" of pregnancy period (odds ratio (OR) 1.416, 95% confidence interval (CI) 1.072-1.870, P=0.014), and "Adaptation" (OR 0.67, CI 0.495-0.913, P=0.011), "Tension-Anxiety" (OR 1.148, CI 1.066-1.236, P=0.000), and "Fatigue" of postnatal period (OR 1.182, CI 1.079-1.294, P=0.000) for the primigravidas. On the other hand, significant factors are "Depression-Dejection" (OR 1.232, CI 1.082-1.404, P=0.002), and "Fatigue" of postnatal period (OR 0.864, CI 0.767-0.974, P=0.017) for the mothers.

Conclusions:
It is indicated that postnatal depression is influenced with not only primigravidas' own but their mothers' health status.