Abused and the risk for postpartum depression in women attending Mazandaran primary health centres, Iran

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Objective: Postpartum depression (PPD) is a critical mental health issue after birth. There is a few research have examined relationship between abuse and PPD. This longitudinal study was explored this connection for the first time in Iran.

Materials & Methods: This investigation was designed as a prospective cohort study to investigate abuse as a risk factor to developing postpartum depression in 2279 eligible pregnant women attending primary health centres. Predictors of postpartum depression were as well measured. The samples followed up at 15 days after childbirth and then at 8 and 12 weeks postpartum. All kind of sexual, emotional, physical and neglected abuse were measured by asking direct questions about witness, and being abuse before pregnancy to postpartum periods. Yes /No answers were added up to create a total score ranging from 0 to 24. Iranian version of Edinburgh Postnatal Depression Scale was utilized for screening PPD. Univariate and Multivariate logistic regression model used for data analysis.

Results: Among eligible women, 15.7% reported experience at least one kind of abuse. Experience of abuse increased risk of PPD at each measurement times from pregnancy to 12 weeks after birth with steady decreases odds (1.18, 1.13, 1.11 and 1.10) in univariate logistic regression. There was no difference in incidence of PPD for women being abused when compared with non-abused women in multivariate model.

Conclusion: Results demonstrated the significant of abuse experiences to women health during postpartum period, but after controlling for other predictors of PPD abuse did not increase risk for PPD.