



Tehran University of Medical Sciences

International Campus

School of Nursing and Midwifery

Title:

**Survey of the frequency postpartum depression and its related factors in
Afghan immigrant women referring to health centers in Tehran -Iran 2021-
2022**

**“A thesis submitted as partial fulfillment of the requirement for Master of
Science (MSc) Degree”**

In

Midwifery (Maternal and Child Health)

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Abstract

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Background: Postpartum depression is seen exclusively seen in women of child bearing ages, Occurs within 4-6 weeks after delivery and may last for long period, it is associated with psychological symptoms and behavioral problems of the mother and this has direct effect on the newborn as well. In most case Postpartum depression is related to social and cultural factors across the world. Due to insufficient information among Afghan immigrants women, this study explore the frequency of the disease and related factors and help in finding solutions to the affected mothers.

Method: This study was a cross-sectional descriptive study with a quantitative approach. Study on 400 afghan women who have given birth and 4 weeks to 6 months have passed since their delivery that referred to health centers in Tehran who had visited for postpartum visits and vaccinations of their infants and met the inclusion criteria. In case of not referring to health centers, the registered numbers of mothers in the system were contacted and if they agreed and had the entry criteria, the questionnaire link was sent to them online from social networks. The instruments were demographic and midwifery information questionnaire , Edinburgh Postpartum Depression scale, Enrich Marital Satisfaction Questionnaire, Social support questionnaire. Association between variables determined by using ANOVA test, T-Test, Pearson Correlation Coefficient, Tukey HSD pair comparison test and presented in tables at a significance level of $P < 0.05$. Data analysis was done using the SPSS version 25.

Results: In this study, the frequency of PPD was 151 persons (%37.8). Factors such as economic status, type of baby feeding, maternal illness, marital dissatisfaction, unwanted pregnancy, preterm delivery, unfavorable sex, infant illness, and lack social support were associated with PPD. According this study, nearly one-third of the study participants suffered from postpartum depression.

Conclusions and recommendations: One in ten women in the study area suffers from PPD. This makes health professionals pay attention to the prevention and treatment of postpartum depression. Unwanted pregnancy, marital un satisfaction, preterm delivery were independently associated with postpartum depression.

Key Words: Postpartum depression, related factor, Social support, Marriage satisfaction, Afghan Immigrant Women

