POSTPARTUM DEPRESSION (PPD) ON WORKING AND NON WORKING MOTHERS IN KARACHI, PAKISTAN

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Abstract

Parenthood is a transition period, characterized by significant a change in the new parent’s live that is called post-partum period. It’s a time in which woman undergo the transition of motherhood to parenthood. It is extremely important to manage the postpartum period very effectively if not then mother may go through postpartum depression stage. Cross Sectional Study design was used to determine whether there is a difference in the rate of PPD between working and non-working mothers as well to determine whether there is a relationship of associated factors of postpartum depression among working and non-working women. The data were collect using the validated EPDS & PNRQ Tool and a General Questionnaire. A Chi square test was used to determine the difference in the rate of PPD between mother of working and non-working mothers during postpartum phase. According to Edinburgh postnatal depression scale, no depression was found in 202 participants of non-working women (80.8%) where as in working women only 89 participants reported no depression (35.6%) and this difference was found statistically significant at P<0.000.

The study findings revealed that there is increased in postpartum depression in working mothers than non-working mothers; therefore early intervention could be planned in the form of group teaching sessions which will mothers develop a friendship network to support with the challenges of caring for her preterm infant.

Key Words: Postpartum depression, working mother, non-working mother, mother infant interaction, developing countries