

## Psychological and obstetric risk factors for postnatal depression

F.Behdanei (MD)

Department of Psychiatry  
Mashhad University of Medical Sciences

P.Hebranei (MD)

Department of Psychiatry  
Mashhad University of Medical Sciences

M.Afzal Aghaee (MD)

Mashhad University of Medical Sciences

Sh.Naserniya (MD)

Medical Doctor

Z.Karbaschei (MD)

Psychiatrist

**Corresponding Author:**

F.Behdanei

**E-mail:** drbehdani@yahoo.com

### Abstract

**Background&Objective:** Postnatal depression is a key concept for mother-infant mental health. Identifying risk factors of postnatal depression and developing screening system are needed. The propose of this study was to determine Psychological and obstetric risk factors for postnatal depression

**Materials&Methods:** 288 consecutive admitted women at 6-8 weeks after childbirth on maternity ward in Ghaem hospital, Mashad, Iran were assessed by two psychiatrics. Interview data included presence obstetric history, economic and demographic characteristics, Personality, psychiatric history and life-events information that were obtained from a questionnaire, psychological status was assessed by using the GHQ. The prevalence of distress was ascertained by the 28-item Goldberg Health Questionnaire (GHQ), using a cut-off score of > 24.

**Results:** 57.6% of mothers had GHQ-above 24scores which categorized them as having significant emotional distress several psychological and obstetric risk factors for the development of predisposing psychological distress at 8 weeks postpartum were reported including: Economical situation, marital relationships, and the gender of the infant, multiparous women, caesarean section deliveries, and unplanned pregnancy

**Conclusion:** The results emphasize the importance of cumulative psychosocial and obstetric risk factors for postnatal depression. Early identification of potential risk for postnatal depression should include assessment of sociodemography, personality, psychiatric history and recent life events, as well as past and present obstetric factors.

**Key Words:** Psychological- Obstetric- Postnatal-Depression