

P-1453 - COMPARATIVE STUDY OF POSTPARTUM DEPRESSION AND ITS PREDICTORS IN QATAR

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Postpartum depression is a relatively frequent and very disabling disease that affects both the mother and infant in a very sensitive period of development. Data of 1379 Qatari postpartum women were studied. The prevalence of postpartum depression among the studied Qatari women was 17.6%. The mean age of the post partum women was 33.3 years and majority of the women were in the age group (25-34) years (40.3%). A good proportion of the post partum women were educated with secondary education (35%), then university degree (25.1%). Also, most of them were housewives (38.7%) with good monthly family income (35.8%). Consanguineous parents were significantly more common in postpartum women (44.4%) compared to their counterparts (36.1%) ($p=0.015$). Involvement of mother-in-law was significantly higher in postpartum women (29.6%) compared to non-depressed women (22.4%) ($p=0.015$). Caesarean (30.5%) and preterm births (9.5%) were the most frequent in postpartum women with a significant difference to non-depressed women ($p=0.001$). Maternal complications were significantly higher in postpartum women with depression (38.7% vs 26.1%; $p < 0.001$) compared non-depressed women. Anemia (9.4% vs 4.2%; $p=0.001$), bleeding (26.7% vs 15.0%; $p < 0.001$), blood pressure (10.2% vs 2.4%; $p < 0.001$) and gestational diabetes (9.9% vs 6.2%; $p=0.05$) were significantly higher in depressed postpartum women compared to their counterparts. Edinburgh postnatal depression scale showed that 243 women of the total study sample had scores greater than 12 which were used to indicate postpartum depression. The current survey will help clinicians and researchers in Qatar to understand the factors which affect maternal mental health.