

Abstract of Master's Thesis

Background

Global burden of diseases attributable to mental illness is a growing public health concern. During postpartum period, especially, the risk of depression is three times higher than other women's age groups. However, there is no published study on postpartum depression (PPD) among Palestine refugee mothers in Jordan.

Objective

The general objective of this study was to describe the current situation of postpartum depressive symptoms among Palestinian mothers in Amman.

The Specific Objectives were: 1. To assess the prevalence of postpartum depressive symptoms among Palestinian mothers living in Amman. 2. To investigate factors associated with development of postpartum depressive symptoms among Palestine refugee mothers.

Method

This study was a cross-sectional, descriptive study to determine the prevalence and associated factors of depressive symptoms among Palestine refugee mothers who were in postpartum periods from three to 16 weeks after delivery using data collected at health centers (HC), which UNRWA operates in Amman. Data collection was conducted from 21th of April to 21th of May 2018. A face-to-face structured interview was conducted by using the Edinburgh Postpartum Depression Scale (EPDS), the Maternal Social Support Scale (MSSS) and a questionnaire which covered socio-demographic, obstetric and pediatric, psychological and social factors.

Result

A total sample of the study including 251 participants were analyzed. The prevalence of postpartum depressive symptoms was 49.0%. As a result of a bivariate analysis, the variables of household size, parity, undesired pregnancy, the presence of anemia during pregnancy, the presence of GDM, substantial number of stressful life events, dissatisfaction of relationship with mother-in-law and perceived social support were significantly associated with depressive symptoms. Logistic regression showed perceived low social support level (AOR: 3.59, 1.29-9.96, p 0.014*) and experienced one stressful life event (AOR: 3.27, 95%CI:1.33-8.03, p 0.01*), experienced two of them (AOR: 5.45, 95%CI 2.24-13.23, p <0.001*), and three or more of them (AOR:13.73, 95%CI: 4.98-37.77, p <0.001*) as the most influential factor for depressive symptoms.

Conclusion

The prevalence of postpartum depressive symptoms among Palestine refugee mothers in Jordan was 49%. It was higher than that was reported in the previous study among Jordanian mothers. The most important predictors were experienced stressful life event and perceived low social support which was reported as associated factors in many studies. To alleviate the risk of PPD, periodical screening, raising awareness, building a support system for mothers are needed.