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Journal of the Medical Association of Thailand, Vol 96, No 7

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Postpartum Depression Among Thai Women: A National Survey

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Abstract

Objective: To determine prevalence rates and associated factors of postpartum depression among Thai women.

Material and Method: A cross-sectional national survey and descriptive study of 1,731 women was done. The participants were required to complete a self-administered questionnaire consisting of inquiries on social demographic data, obstetric data, maternal and child health, stressful life events within the past 12 months, support system, and 10 items of the Edinburgh Postnatal Depression Scale-Thai version. The prevalence and associated factors of postpartum depression (PPD) were evaluated.

Results: The prevalence of PPD among Thai women was 8.4%. In the multivariate model, the factors independently associated with PPD included maternal health, marital conflict, economic burden, stressful life events, and previous depression. Support from their families was a protective factor from postpartum depression.

Conclusion: The present study found that PPD was 8.4%. Screening for depression in women after giving birth should be taken into consideration. Public health intervention targeted for population with PPD may be needed to reduce the prevalence of PPD and its impacts.

Keywords: Prevalence, Postpartum depression, Associated factors

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