



## Oral Presentation



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### **Sociological Predictors of Postpartum Depression in First time Mothers**

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**Background and objectives:** Post-partum depression (PPD) can produce adverse symptoms that makes motherhood one of the most tumultuous events in a woman's life .To explore the extent of social support and parental self-efficacy on PPD this study was conducted among pregnant women.

**Participants and methods:** A prospective cohort study was assessed depressive symptoms among 838 first-time pregnant mothers who were not depressed from third trimester to 12 weeks postpartum who attended primary health centers (Jan to July 2009) using Edinburgh Postnatal Depression Scale (EPDS), Social Support Appraisals Scale (SSA), Network Orientation Scale (NOS), Marital Inventory (MI), Parental Expectation Survey (PES) and socio-demographic questionnaires. Logistic regression was used for data analysis.

**Results:** The incidence of depression was 10.7% at three months post-partum. The adjusted odds ratio (OR) showed the PPD was associated with no- social support (OR=1.06; 95% CI=1.01-1.12), lack of marital satisfaction (OR=0.91; 95% CI=0.86-0.97), and low parental self-efficacy (OR=0.74; 95% CI=0.65-0.85).

**Conclusion:** A high incidence of PPD was identified among the first-time mothers, making PPD one of the major women's health problems. Therefore, it is necessary to emphasize on the importance of considering perceived of social isolation, maternal parental self-efficacy, and marital satisfaction in reducing the risk of PPD.

**Key words:** Postpartum depression, maternal parental self-efficacy, social support, marital satisfaction