

Prevalence of depression in pregnant women and its relationship with some socioeconomic factors

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ABSTRACT

Introduction: During recent years, valuable efforts have been made to improve physical health status of pregnant women, but their mental health has not been considered. Considering the increasing prevalence of depression worldwide, its twofold prevalence in women and effects on physical condition and quality of life, this study was performed to evaluate the prevalence of depression in pregnant women and its relationship with some socioeconomic factors in healthcare centers of Isfahan.

Methods: This is a cross-sectional descriptive-analytic study. The cases were 600 pregnant women between 15 and 45 years old who referred to healthcare centers in Isfahan. They were evaluated by Beck depression questionnaire and demographic information. Chi square test was used for data analysis.

Results: Among 600 pregnant women, 446 cases (74.3%) were normal and 154 cases (28.7%) had depression: 22.2% with mild depression, 3.5% with moderate to severe depression. The difference of prevalence of depression in women with wanted versus unwanted pregnancy is significant. Otherwise, no meaningful difference was seen.

Conclusion: It seems that paying special attention to mood status of pregnant women (especially those with unwanted pregnancy) is virtually important. Using screening methods for diagnosis and intensive care is mandatory for those in low socio-economic state. More studies are needed to evaluate depressive disorders during pregnancy and its sequelae as risk factors.

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