

Prevalence of Postpartum Depression in Postnatal Patients using Edinburgh Postnatal Depression Scale

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Abstract: *Background: Postpartum depression (PPD) is a common mood disorder that occurs after childbirth and may negatively affect the mother's emotional health, bonding with the infant, and overall quality of life. Early identification and management are crucial to prevent long-term consequences for both the mother and child. This study focused on assessing the prevalence of postpartum depressive symptoms among postnatal women using the Edinburgh Postnatal Depression Scale (EPDS).*

Methods: A cross-sectional study was conducted on 67 postnatal women using a convenient sampling technique. Participants were assessed using the EPDS, and their demographic and obstetric details were recorded. Data were analysed using descriptive statistics to determine the prevalence of postpartum depression.

Results: The mean age of participants was 29.97 ± 3.53 years, and the majority (61.19%) had delivered by Lower Segment Caesarean Section (LSCS). Based on EPDS scoring, 26.87% of women showed no depressive symptoms, whereas 32.84% exhibited probable mild depression and 40.30% showed probable depression. Overall 73.14% of the participants experienced some level of postpartum depressive symptoms.

Conclusion: The study demonstrates a high prevalence of postpartum depression among postnatal women. These findings highlight the importance of routine screening, increased awareness, and timely psychological support during the postnatal period to improve maternal mental health and ensure better mother-infant outcomes..

Keywords: Postpartum Depression, Edinburgh post natal depression scale(EPDS), Postnatal Women, Maternal Mental Health

