



## Assessment of Knowledge Regarding Postpartum Psychiatric Disorders Among the Relatives of Primigravida in Selected Hospitals of the City

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### Abstract

Pregnancy is generally thought to be a time of happiness and emotional well-being for many women, pregnancy and motherhood increase their vulnerability to psychiatric conditions such as depression, anxiety disorders, eating disorders, and psychoses [1]. Postpartum Psychiatric conditions are often under diagnosed because they are attributed to pregnancy related changes in maternal temperament or physiology. In addition, such conditions are often under-treated because of concerns about potential harmful effects of medication [2]. There are very few studies regarding the prevalence of postpartum depression and its putative risk factors in Developing countries [4].

In the first three months after delivery, the incidence of Mental illness is high (about 15-20% of all pregnancies.) Sleep Deprivation, hormone elevation and massive Postpartum withdrawal contribute. Past history, family history, present pregnancy factors and other factors like unmet expectations are some of Postpartum Mental Illness. The three Major Postpartum Psychiatric Disorders are: Puerperal Blues, Postpartum Depression and Postpartum Psychosis [5].

It is assumed that relatives of Primigravida mothers may not be having adequate knowledge regarding Postpartum Psychiatric disorders.

**Methodology:** This is a Descriptive study with Quantitative Research approach.

**Results:** From the total 200 Relatives of Primigravida, 25.5% were having Poor, 57% were having average, and 17.5% were having Good Level of Knowledge. No participant had Very Good Level of Knowledge regarding Postpartum Psychiatric Disorders. The Scoring for assessment of level of knowledge was prepared by the Researcher. The study is Statistically significant for the selected Demographic Variables which are: Gender, Education and Monthly Income at the p-value of <0.05.

**Conclusion:** The Relatives of Primigravida had Average to Poor Knowledge regarding Postpartum Psychiatric Disorders. The mean Knowledge Score of overall 200 samples (Relatives of Primigravida) is 7.78 which comes in range of average to Poor. There is need to provide basic Information and Education regarding Postpartum Psychiatric Disorders and create Awareness for Early Detection, Treatment and Prevention of Postpartum Psychiatric Disorders.

**Keywords:** Assessment; Knowledge; Postpartum; Psychiatric Disorders; Relatives; Primigravida

### Introduction

Pregnancy is generally thought to be a time of happiness and emotional well-being for many women, pregnancy and mother-

hood increase their vulnerability to psychiatric conditions such as depression, anxiety disorders, eating disorders, and psychoses. These conditions are often under-diagnosed because they are attributed to pregnancy related changes in maternal temperament or

physiology. In addition, such conditions are often under-treated because of concerns about potential harmful effects of medication [1].

Pregnancy and the postpartum period are widely considered to be periods of increased vulnerability to psychiatric disorders. Many females experience a wide range of overwhelming emotions such as anticipation, excitement, happiness, fulfillment, as well as anxiety, frustration, confusion, or sadness/guilt during pregnancy and postpartum period. The postpartum period makes them highly vulnerable to various psychiatric disorders. Traditionally postpartum psychiatric disorders are classified as maternity blues, puerperal psychosis, and postnatal depression. However, the spectrum of postpartum phenomenology is wide. Postpartum phenomenology is characterized by a range of emotions from transient mood lability, irritability, and weepiness, to marked agitation, delusions, confusion, and delirium [2].

The contribution of pre-conception chronic psychiatric and medical conditions to poor obstetrical outcomes have become a focus in recent decades. Depression is found to risk for preterm birth [3].

### Background of the study

There have been numerous studies of the prevalence of postpartum depression and its putative risk factors in Western Europe and North America. But there are very few studies regarding same in Developing countries [4]. In the first three months after delivery, the incidence of Mental illness is high. Overall incidence is about 15-20% of all pregnancies. Sleep Deprivation, hormone elevation and massive Postpartum withdrawal contribute. Past history, family history, present pregnancy factors and other factors like unmet expectations are some of Postpartum Mental Illness. The three Major Postpartum Psychiatric Disorders are: Puerperal blues, Postpartum Depression and Postpartum psychosis [5].

### Need of the study

Perinatal Mental illness is largely under-diagnosed and can have far reaching adverse effect for both Mother and Child. Early Screening, diagnosis, management and education are very important and must be considered mandatory part of Postpartum care [6]. Unfortunately, women in the postpartum period can be vulnerable to a range of psychiatric disorders like postpartum blues, depression, and psychosis. Perinatal mental illness is largely under-diagnosed

and can have far reaching ramifications for both the mother and the infant. Early screening, diagnosis, and management are very important and must be considered as mandatory part of postpartum care. Pregnancy and the transition to motherhood give birth to a variety of psychological stressors. A woman has to adjust to changes in her body image, her relationships with her husband and family members, her responsibilities and the manner in which she is perceived by the society [8]. The epidemiology of postpartum depression is largely dependent on a few regional studies, with very few nationwide data. The current review was done to fill this gap, by providing an updated estimate of the burden of postpartum depression in India, to synthesize the important risk factors and to provide evidence-based data for prioritization of maternal mental health care [10,11].

It signifies that better knowledge will lead to prevention, early diagnosis and treatment of Post-partum mental illness and promotion of maternal mental health.

## Materials and Methods

### Research design

Descriptive study.

### Research approach

Quantitative research approach.

### Sample size

Total 200 Relatives of Primigravida participated in Study.

### Sampling technique

Non-Probability Convenient Sampling Technique.

### Data collection tool

The Tool used in the present study is Semi-Structured Questionnaire of Multiple Choice Question type which comprises of two sections. The details of the sections of the tool are as follows:

- Section-I: Demographic profile of Relatives of Primigravida.
- Section-II: Semi-structured questionnaire of Multiple-Choice Question type based on knowledge of

Relatives of Primigravida regarding Postpartum Psychiatric Disorders.

**Validity**

After preparation of tool content validity and reliability was established to ensure content validity of the tool was done by 13 experts from specialized field. After the primary validation of tool from 13 experts, final validation of tool is done by one senior expert from nursing faculty from mental health and psychiatric department.

**Tool reliability**

The tool was tested for reliability on 20 respondents. The reliability was calculated by using the Split-half method. The result was:  $r = 0.82$ . It shows that the tool is reliable.

**Pilot study**

The Pilot study was conducted on 20 Relatives of Primigravida. After taking prior administrative permission from Head of the Department of Obstetrics and Gynecology from selected hospitals of the city. The pilot study was conducted for assessing the feasibility of the study and to decide the statistical analysis and practicability of research. The researcher approached the subjects, about the confidentiality of the data. Samples were selected by non-probability, convenient sampling technique. The knowledge is assessed by using semi structured questionnaire on Postpartum Psychiatric Disorders.

Data collection: Before the actual data collection, the investigator had completed the following formalities:

Approval from the research committee member and written permission from head of institution to conduct research.

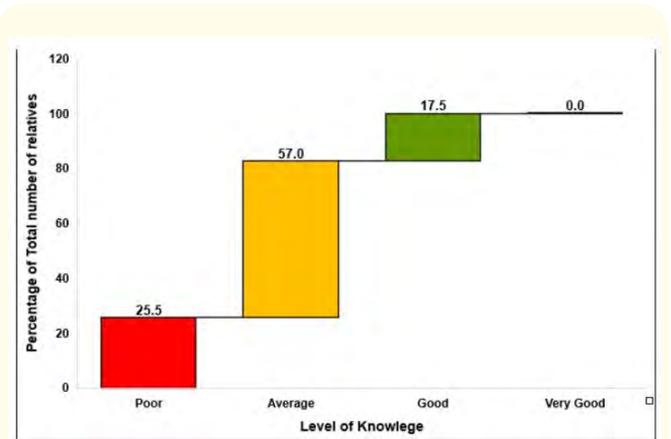
- The investigator introduced self, explained the study of the purpose to the Head of the Department of Obstetrics and Gynecology of the selected hospital of the city.
- The data for main study was collected from 29/07/2020 to 28/08/2020. Prior the data collection permission was obtained from the authorities from Dr. Bhosale, Head of Department, Obstetrics and Gynecology, of the selected hospitals of the city.
- The purpose of the study and method of data collection was explained to the subjects for getting true responses. The assurance was given regarding the confidentiality of the information. An informed consent was obtained from the respondents indicating their willingness to participate in the study.

- The subjects who fulfil the sampling criteria were taken for the study in selected hospital.
- Total 200 samples were selected by Non-probability, convenient sampling technique. The data was collected from Relatives of Primigravida from selected hospitals.
- After the data gathering process the investigator thanked all the study subjects as well as the authority persons for their cooperation.
- Total duration for data collection was 28 days.

**Results and Discussion**

**Result**

The Knowledge is assessed regarding the Postpartum Psychiatric Disorders. Thus, from the total 200 Relatives of Primigravida, 25.5% are having Poor, 57% are having average, and 17.5% are having Good Level of Knowledge. No participant has Very Good Level of Knowledge regarding Postpartum Psychiatric Disorders, as per the Knowledge Score prepared by the Researcher which ranges: Poor (0-5), Average (6-10), Good (11-15) and Very Good (16-20). Researcher used Chi square test statistics to find out the association between study findings with selected demographic variables of Relatives of Primigravida. It was found that there is significant association of knowledge of Relatives of Primigravida with Gender, Education and Monthly Income.



**Figure 1:** Distribution of relatives of primigravida according to the knowledge score.

**Discussion**

The current study is significant for Gender. Females have more knowledge regarding postpartum psychiatric disorders than male.

Current study is significant for sociodemographic variable of education. Lower educational level relatives having poor knowledge as compared to relatives having higher educational level. As per similar study conducted by Tanaka K., *et al.* (2019), Lower educational level (83.4%) of total population of study negatively influenced the maternal mental health [36].

It indicates association of monthly income of the family with knowledge regarding postpartum psychiatric disorders. Families having higher socioeconomic status have good level of knowledge regarding postpartum psychiatric disorders. Similarly, as per study by Piyanee K., *et al.* lower socioeconomic status was also clustered as a major group of risk factor for postpartum psychiatric disorders [37].

Locality of the Sample Population shows that, the total 200 Relatives of Primigravida participating in the Study, 11% are from Rural Locality and 89% are from Urban Locality. As per current study, there is no significant association between locality and knowledge of postpartum psychiatric disorders. But, as per study conducted by Younglee Kim, Vivian Dee, (2017), study findings highlighted that there is need for 22.5% of total population of study for Postpartum depression care among women in rural areas [38].

According to the Type of Family, distribution of sample population shows that, the total 200 Relatives of Primigravida participating in the Study, 60.5% are from Nuclear Family and 38.5% are from Joint Family, no participants are there from Extended Family. Current study does not show any significance with type of family. In similar study by Ling C., *et al.* (2018), it is found that only 14.7% women were satisfied in their relationship with their mother-in-law. With remaining 85.3% women were having deep rooted conflicts with their mother-in-law. Therefore, joint families can create a negative impact on maternal health, irrespective of the knowledge regarding postpartum psychiatric disorders [39].

According to the Knowledge score of the total Relatives of Primigravida, the Knowledge is assessed regarding the Postpartum Psychiatric Disorders. Thus, from the total 200 Relatives of Primigravida, 25.5% are having Poor, 57% are having average, and 17.5% are having Good Level of Knowledge. No participant has Very Good Level of Knowledge regarding Postpartum Psychiatric Disorders, as per the Knowledge Score prepared by the Researcher.

## Conclusion

The Relatives of Primigravida had Average to Poor Knowledge regarding Postpartum Psychiatric Disorders. The mean Knowledge Score of overall 200 samples (Relatives of Primigravida) is 7.78 which comes in range of average to Poor. There is need to provide basic Information and Education regarding Postpartum Psychiatric Disorders and create Awareness for Early Detection, Treatment and Prevention of Postpartum Psychiatric Disorders.

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## Conflict of Interest

- The study is limited to the Relatives who are attending Primigravida in Antenatal ward, and Antenatal Outpatient department.
- The study is conducted among small number of population (N = 200) as result of sample size calculations.
- The study is limited confined to Relatives of Primigravida who were willing to participate.
- There was no control over other extraneous variables.

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