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خلاصه مقاله:

Aims: Depression during pregnancy has a significant impact on both mother and fetus. This study aimed to determine the frequency of depression and associated factors among primigravid women. Materials & Methods: This was a cross-sectional study involving ۲۵۵ pregnant women attending a hospital in Tehran from October ۲۰۱۷ to February ۲۰۱۸. A demographic and clinical questionnaire, the Postpartum Depression Literacy Scale (PoDLiS) and the Edinburgh Postnatal Depression Scale (EPDS), given to a convenient sample of primigravid women attending the antenatal clinic, were completed. chi-square test, t-test and logistic regression analysis were used to analyze the data and SPSS version ۲۲.۰ was used for its analysis (p<۰.۰۵). Findings: The prevalence of depression during pregnancy was ۱۷.۳% (n=۲۵۵). The results of the t-test and chi-square test showed that depression was significantly associated with age (p=۰.۰۰۸), marriage age (p=۰.۰۱۸), economic status (p=۰.۰۵۰), family history of depression (p<۰.۰۰۱), marital satisfaction (p<۰.۰۰۱), ability to recognize postpartum depression (p=۰.۰۱۹) and attitudes about postpartum depression (p=۰.۰۴۲). Further analysis by logistic regression analysis revealed that family history of depression [AOR=۷.۸۹, ۹۵% CI, p=۰.۰۰۲] and less satisfaction with husband [AOR=۳.۲۴, ۹۵% CI, p=۰.۰۲۱] was significantly associated with depression. Conclusion: The findings showed that a high percentage of women were depressed. Also, having a family history of depression and less satisfied with the husband were the strongest factors related to depression. It seems that educational interventions and counseling may need to be conducted on high-risk mothers to promote their mental health status.