

## **Prevalence of Postpartum depression among mothers attending Nakuru Level 5 Hospital, Nakuru County Kenya**

Postpartum depression (PPD) is a non-psychotic mood disorder that can affect women during perinatal period. The World health organization has identified PPD as an international public health concern. Globally, the statistics of postpartum depression is at 10-20%, however, this prevalence varies depending on the demographic regions from 0% in Singapore to 57% in Brazil. In Africa, the prevalence is estimated to be at 18.3%, however different values has been reported at 22.9% in Nigeria, 23.4% in Cameroon, 50.3% in South Africa and 10.6% in Kenya. Despite PPD being categorized as the fourth leading cause of burden of disease, little focus has been placed in mental health therefore not meeting health care needs as defined by the WHO in order to curb maternal morbidity and mortality hence this research sought to identify the prevalence of PPD among mothers attending Nakuru level five hospital.

**Methodology:** The research study design was a descriptive study design that was carried out among mothers seeking clinic services. The study participant were identified using systematic random sampling to identify 381 study participants. A pretested questionnaire with the socio-demographic characteristics and Edinburgh Postnatal Depression Screening tool was administered. Mothers who scored above 13 points on the scale were considered to have postpartum depression.

**Results:** 381 study participants were recruited for the study where 43 study participants were screened positive for PPD at a prevalence of 11.3% where only 32% were aware of PPD and 2% were ever screened previously of PPD. **Conclusion** this study shows that the prevalence obtained in Nakuru Level 5 hospital is 11.3% which is comparable to the prevalence found in Kenyatta National hospital at 10.6%, the researchers noted that there was low level of awareness on PPD regarding the condition and the different screening tools and very few participants had ever been screened.

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**Session Classification:** Health education and promotion on behavior change

**Track Classification:** Health education and promotion on behavior change