The Predictive Value of Obstetrical and Neonatal Parameters in the Occurence of Postnatal Depression in a Romanian Sample of New Mothers

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Introduction: Lately postnatal depression has a growing prevalence, in part because of a rise in awareness in the general population and also, the medical staff.

Objectives: The present research was intended to assess the predictive value of obstetrical and neonatal parameters in postnatal depression.

Material and methods: A 2 year nonconsecutive cross-sectional survey was performed on 163 women between 6 to 8 weeks after delivery, monitored in Obstetrics Outpatient Department of Bega Clinic Timisoara and Resita County Hospital. Postnatal depression was assessed by Edinburgh Postnatal Depression Scale using a cut-off > 13. Also, obstetrical and neonatal data were collected from medical records of new mothers, using also information gathered from the mothers and the medical care staff. A binary logistic regression on aforementioned parameters was performed to determine their predictive role on postnatal depression.

Results: The rate of postnatal depression was in concordance with data existing in international literature (N= 39; 23,93%). Among the obstetrical and neonatal parameters that have had a predictive contribution on the postnatal depression occurrence, it has been found the following: the parity (OR = 0.506; 95%, CI: 0.315 – 0.812; p = 0.005); prematurity (OR = 6.079; 95% CI: 1.326 – 27.886; p = 0.012); and the presence of complications during pregnancy (OR = 7.544; 95% CI: 1.791 – 31.779; p = 0.004).

Conclusions: In our research, some of the obstetrical and neonatal parameters proved to be predictive factors in postnatal depression, thus enabling to detect new mothers at high risk for depression.