

Mental Health and Human Resilience

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Objectives: Postpartum depression (PPD) is the most common and serious mental health complication among postnatal women globally. The symptoms have a significant effect on the mother's mental and physical health (Moh'd Yehia, Callister, & Hamdan-Mansour, 2013). For the Arab population, research in PPD has been limited to a comparison of the prevalence and risk factors between Arab population and non-Arab populations. The objective of this study is to review literatures on the risk factors associated with PPD in childbearing Arab women.

Methods: A total of five articles were selected and critiqued based on date of publication, quality, and extent of coverage of the many Arab countries. Edinburgh Postnatal Depression Scale (EPDS) scores were used to assess symptoms.

Results: The studies resulted in some different and also some common risk factors in the development of PPD among Arab women. Social support, consanguineous marriage, education level, employment level, marital problems, formula feeding versus breast feeding, complication during pregnancy, marital problems, stressful life events, infertility, unplanned pregnancy, C-section and past history of depression were the common factors that have been reviewed.

Conclusion: Most importantly this review identifies the importance and impact of social support on the development of PPD in Arab women and suggests improved screening and education for women and families regarding social support in hopes of decreasing rates of PPD in Arab women. Decreasing rates of PPD in Arab women in turn help the wellness of their babies, and in turn the family in the long term.