



## The Effect of Physical Activity Level at Postpartum Period on Quality of Life and Depression Level

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### Abstract

The study was conducted to determine the effect of physical activity level on quality of life and depression level during postpartum period. The cross-sectional data used in this study was collected in seven different Family Health Centers (FHC) in Malatya between April-October 2017. The sample of the study consisted of 347 women with a postpartum period of 6 weeks to 6 months registered to these FHCs. Personal Information Form, the International Physical Activity Questionnaire-Short Form (IPAQ), the SF-36 Quality of Life Assessment Scale and the Edinburgh Postpartum Depression Scale (EPDS) were used to collect data. In the analysis of the data, descriptive statistics (number, percentage, mean, standard deviation) as well as chi-square test, one way variance analysis and Pearson correlation analysis were used. The mean IPAQ score of women was  $1960.6 \pm 1456.7$  MET-min/week, while 18.4% had low levels of physical activity, 59.7% moderate, and 21.9% had high levels of physical activity. Based on physical activity levels, significant differences were found between physical role, general health, social functioning, mental role and mental health point averages among SF-36 subscales ( $p < 0.05$ ). There was also significant difference between EPDS point averages based on physical activity levels ( $p < 0.05$ ). Physical activity in postpartum period was found to have a positive effect on the quality of life and postpartum depression.

### Biography

Esra KARATAŞ OKYAY has a research assistant in midwifery from İnönü University. She is working as a fulltime research assistant at midwifery department in İnönü University Faculty of Health Sciences.

