

28<sup>th</sup> International Conference on

# Nursing Care

May 23-24, 2019 | Vienna, Austria

## The risk factors of postpartum depression among Arab Women

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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 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 was used to assess PDD 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 had 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 helps the wellness of their babies, and in turn the family in the long term.

### Speaker Biography

Khalood Al Abri. She is a 29 years old girl from sultanate of Oman. She completed her baccalaureate of nursing science in Oman at sultan Qaboos university in 2013, Master of Science in Nursing (Psychiatric Mental Health Nurse Practitioner program) at the University of California, San Francisco in 2017. During master she completed a nice dissertation thesis about postpartum depression among Arab population and she is looking to share her experience in this topic. Currently, she is a first year of PhD mental health student at Manchester University. Here current research topic is around perinatal depression among Omani women. Khalood is not published any research yet but she is looking to publish her research in next two years.

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