Prevalence and predictors of depression among women in the first year postpartum: Results from the Brazilian National Health Survey, 2019

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Background

- Depression is one of the most prevalent disorders in women at the childbearing age.

- Postpartum depression (PPD) → feelings of sadness, anxiety, and fatigue that can persist for weeks or months after delivery.

- Combination of hormonal changes, psychological adjustment to motherhood, and social factors are thought to contribute to its development.

O'Hara & McCabe, 2013

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Background

- PPD is a disabling disease with important consequences for the mother and child binomial.

- Mothers with depression may struggle with bonding with their newborns, which can affect the infant's emotional and cognitive development.

- Untreated PPD may increase the risk of future depressive episodes and can lead to long-term mental health issues if not addressed.

Field, 2010

Slomian et al., 2019

Background

- Understanding the predictors of postpartum depression (PPD) is crucial for:

1.Early Identification and Prevention

2.Targeted Interventions

Objective

To describe the prevalence of postpartum depression (PPD) and to investigate it predictors in the Brazilian population.

Methods

- 2019 Brazilian National Health Survey, collected between August 2019 and March 2020;

- Nationwide household survey

- Aim: to assess the health status and healthcare access of Brazil's population, covering a wide range of topics related to public health.

- Key areas of focus include:
  - Health conditions
  - Health service access
  - Lifestyle
  - Social determinants of health

Methods

- **Eligibility for the present analysis**: women who had given birth within the past 12 months to a living newborn and who were not pregnant at the time of the interview.

N = 994

- Presence of PPD was determined using the Patient Health Questionnaire (PHQ)-9, categorized as:
  - None depression (score 0-4);
  - Minor depression (score 5-9);
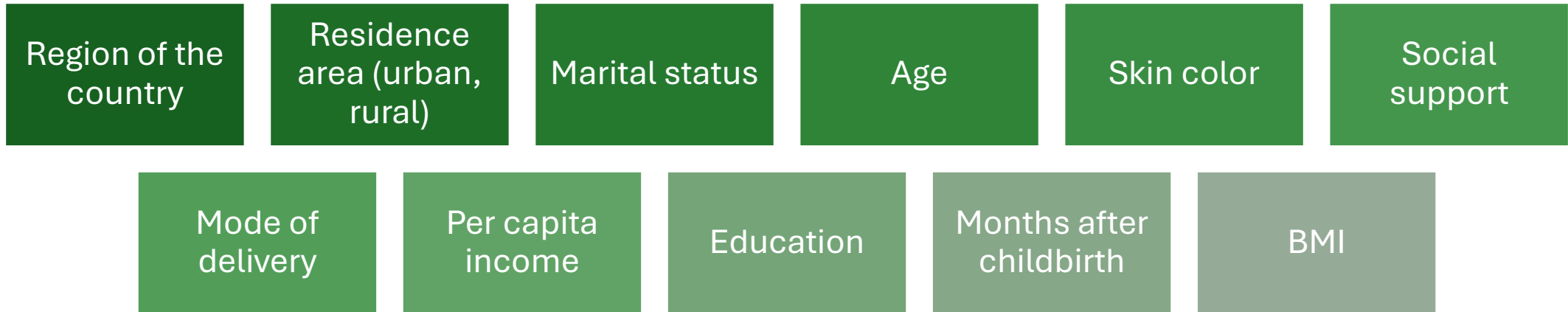 - Major depression (score >9).

Methods

- Predictors of PPD were investigated by multivariable ordinal logistic regression using backward modelling;

- Variables explored:

Region of the country	Residence area (urban, rural)	Marital status	Age	Skin color	Social support

	Mode of delivery	Per capita income	Education	Months after childbirth	BMI

- Analyzes were performed in Stata 12.0 using the survey package to account for sample design and weighting adjustments.

Results

Table 1. General characteristics of the sample of women in the first year postpartum. Brazilian National Heath Survey, 2019

Variables	Mean (SD)	Min	Max
Age (years)	28.6 (6.6)	15	47
Time after childbirth (months)	7.2 (3.0)	1	12
BMI (kg/m^2)	25.9 (5.2)	16.0	52.0
Per capita income (MW)	2.5 (1.4)	1	7

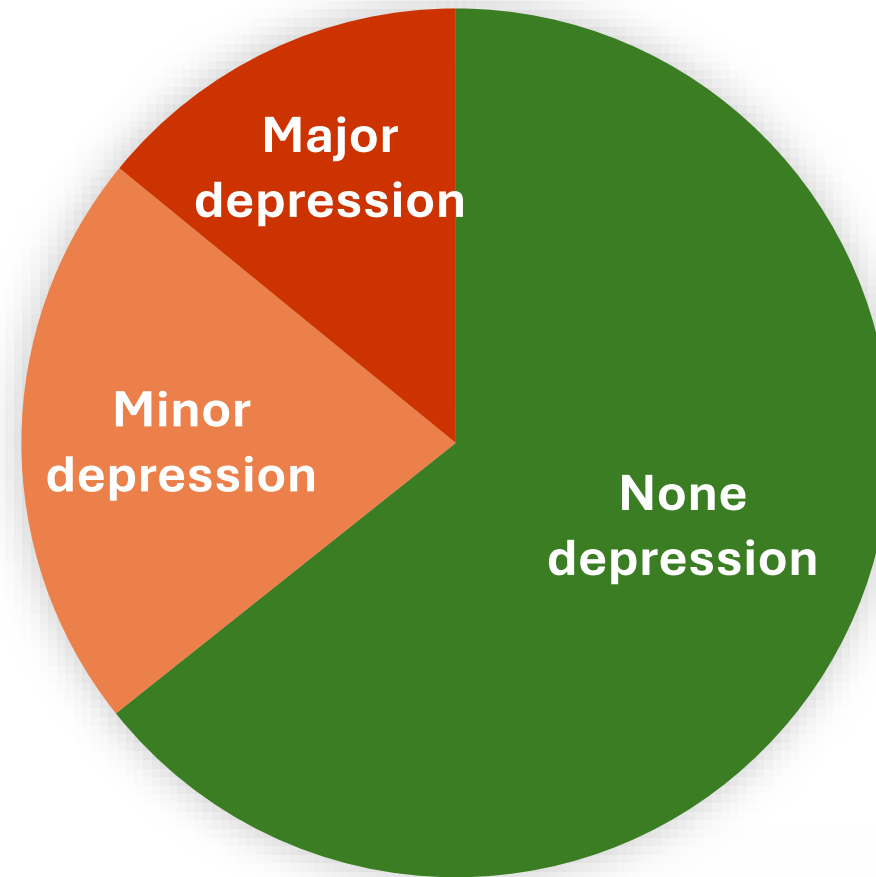Note: SD – Standard Deviation; BMI – Body Mass Index; MS – minimum wage

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Results

- Prevalences

  - Total: 35.7%

 - Major depression: 14.1%;
  - Minor depression: 21.6%.

Results

Table 2. Adjusted ordinal logistic regression model for predictors of postpartum depression. Brazilian National Heath Survey, 2019

Variables	Odds Ratio	95% Confidence Interval
Residence area		
Urban	1.0	-
Rural	0.42	0.27 – 0.68
Social support		
Poor	1.0	-
Good	0.62	0.41 – 0.96
Per capita income		
Up to 1 MW	1.0	-
1 – 3 MW	0.58	0.31, 1.09
> 3 MW	0.16	0.06, 0.41
Time after birth		
(months)	0.91	0.84, 0.98

Note: MS – Mininum wage
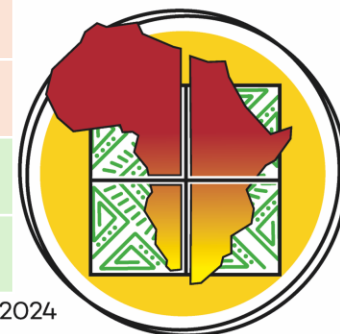
Conclusion

We observed a high prevalence of PPD in Brazil with around 35% of the postpartum women population with some grade of depression.

There is a clear relationship of PPD with social and economic factors.

These results are important tools for health planning and management.

Thank you!

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