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The prevalence of post partum depression and its associated risk factors in Jeddah, Saudi Arabia: An observational study

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Objective: To perform a prospective questionnaire based epidemiological analysis of the prevalence and risk factors of post-partum depression (PPD) among Saudi women.

Methods: A total of 280 mothers who delivered a live baby at least 2 weeks to a maximum of 1 year ago from the time of study participation were included. A p value of $p \leq 0.05$ was used to determine the significance of results obtained.

Results: The prevalence of PPD in the study sample was 23.9%. Statistically significant risk factors associated with PPD were post-partum blues, marital status, level of education, husband's job ($p=0.001$); monthly income ($p=0.006$), unplanned pregnancies ($p=0.01$), postpartum complications ($p=0.05$); pre-existing depression, use of antidepressants and lack of support from the spouse in baby care ($p=0.001$).

Conclusion: The prevalence of PPD among Saudi women is high and warrants further investigation.