

Social and Cultural Dimensions of Postpartum Depression among Rural Yoruba Women in Oyo State, Nigeria: A Qualitative Inquiry

Olaitan Johnson Balogun^{1*}, Oyindamola Olaoluwa², Loveness A. Nkhata³, Twizelimana Donatien¹

¹Department of Health Sciences and Rehabilitation, Division of Physiotherapy, University of Stellenbosch, Stellenbosch, South Africa;

²College of Nursing and Health Care Professions, Grand Canyon University, Arizona, USA; ³Department of Physiotherapy, School of Health Sciences, University of Zambia, Lusaka, Zambia

Appendices

Appendix B: Focus group discussion guide

Opening (10 minutes)

Welcome and introductions

Ground rules: confidentiality, respect, one person speaks at a time

Brief overview of discussion purpose

Topic 1: Cultural expectations of motherhood (20 minutes)

In our community, what is expected of a new mother?

What makes a "strong" mother in Yoruba culture?

How should a woman behave during the postpartum period?

What happens if a woman doesn't meet these expectations?

Topic 2: Traditional postpartum practices (25 minutes)

What are the main traditional practices women follow after childbirth in this community?

Which of these practices do you think are helpful for new mothers? Why?

Are there any practices that might make things more difficult for mothers? Can you explain?

How have these practices changed over time, if at all?

What happens when a woman gives birth to a girl versus a boy? Are there differences in how she is treated?

Topic 3: Emotional experiences and explanations (25 minutes)

Many women experience emotional challenges after childbirth. What kinds of emotional difficulties have you heard about or experienced?

In your understanding, why do some women experience these difficulties?

How do families and communities typically explain when a new mother is struggling emotionally?

Do people in this community believe emotional difficulties after childbirth are a health issue, spiritual issue, or something else?

Is there a Yoruba name or phrase for these kinds of emotional difficulties?

Topic 4: Support and help-seeking (20 minutes)

What kinds of support do new mothers typically receive in this community?

When a woman is struggling emotionally, who does she usually turn to first?

What makes it easy or difficult for women to talk about emotional difficulties?

Where do women in this community typically seek help for emotional or mental health concerns?

What stops women from seeking help when they need it?

Topic 5: Healthcare and interventions (15 minutes)

Have any of you discussed emotional difficulties with healthcare providers? What was that experience like?

What would make healthcare facilities better places for mothers to get help with emotional concerns?

What kinds of support or programs do you think would be most helpful for mothers experiencing emotional difficulties?

If you were advising health workers on how to better support mothers' emotional wellbeing, what would you tell them?

Closing (5 minutes)

Summary of key points discussed

Correspondence to: Olaitan Johnson Balogun, Department of Health Sciences and Rehabilitation, Division of Physiotherapy, University of Stellenbosch, Stellenbosch, South Africa, Email: balogunolaitan1@gmail.com

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Any final thoughts or comments

Thanks and next steps

Appendix C: Participant information sheet (translated to Yoruba)

ÌWÍFÚN FÚN OLÙKÓPA

Àkọlé Ìwádii: Ìwádii Nípa Ìselé ninu Ara Lẹyin Ìbimọ Láarin
Àwọn Obinrin Yorùbá Ni Agbègbè Akinyele

Olùdàrí Ìwádii: Omowe Balogun Olaitan Johnson

Ìlò Ìwádii Yìí

A n pe e lati kopa ninu iwadii kan ti o nipa bi awon obinrin se ni iriri ibanujẹ lẹyin ibimọ. Iwadii yii wa lati mo bi awon obinrin se ni ri oju aisàn yii, ati ohun ti asa ati awujo wa ni se si i.

Ki ni a fe ki E Se?

Ti e ba fe kopa, a o beere awon ibeere lowoyin nipa iriri yin lẹyin ibimọ. Iforowoyii yo gba ni aarin wakati kan si meji. A o se igbohunsile ti e ba fe.

Ifura Asiri

Gbogbo ohun ti e ba so yo wa ni ikoko. A ko ni fi oruko yin silẹ ninu ijabowa. A o fi ami miran diplo oruko yin.

Anfaani Ati Ewu

Ko si ewu puponinu kikopa. Sugbon bi e ba ni ri ibanujẹ pupo, a le ran yin lowolati ri onisegun.

Eoyin

Kikopa je ife. E le jade nigbakigba ti e ba fe lai ni iyonu. E le so pe e o fe dahun ibeere kan ti e ba fe.

Ìbèèrè

Ti e ba ni ibeere, e le pe: [Contact Information]

Appendix D: Informed Consent Form

FOQMU IFOWOSOWOPÒ

Oruko Iwadii: Iwadii Nipa Ibanujẹ Lẹyin Ibimọ

Mo ti ka iwe ifunni tabi won ti salaye re fun mi ni ede ti mo mo. Mo ti ni anfaani lati beere ibeere ati gbogbo ibeere mi ni won ti dahun.

Mo mo pe:

- Kikopa mi je ife
- Mo le yonda nigbakigba
- Idanimọ mi yo wa ni ikoko
- A o se igbohunsile iforowere naa
- Mo le ni iranlowo ti mo ba nilo

Mo fara mo lati kopa ninu iwadii yii.

Oruko Olukopa: _____

Ibawolu: _____

Ojo: _____

Oruko Oluwadii: _____

Ibawolu: _____.