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PORNSRI DISORNATIWAT : FACTORS AFFECTING POSTPARTUM WOMEN'S ANXIETY-DEPRESSION IN RAMATHIBODI HOSPITAL: LOGISTIC REGRESSION ANALYSIS. THESIS ADVISORS: THAVATCHAI VORAPONGSATHORN, Ph.D., PIANGCHAN ROJANAVIPART, M.Sc., M.H.S., CHAKRIT SUKYING, MD. 123 P. ISBN 974-662-505-5

The postpartum period is a time of major physical and psychological transition for new mothers. The adjustment to new parenthood is often difficult, and many factors may combine to bring on feelings of depression and emotional disorders. The purposes of this research were to study prevalence rate of anxiety and depression in postpartum women, and to identify, and estimate the odds ratio of the factors affecting such anxiety and depression. The subjects were 240 postpartum women who followed up at the postpartum clinic in Ramathibodi Hospital from January to August 1998. The studied subjects were screened by the Thai Hospital Anxiety Depression Scales (Thai HADS), using a cutoff score of > 11 for a case group ($n=60$) and a cutoff score of ≤ 11 for a control group ($n=180$). The data were collected by self administered questionnaires which included maternal factors, obstetric factors, social factors and the Thai Hospital Anxiety Depression Scales. Stepwise logistic regression was used to determine these factors.

The results revealed that the prevalence rates of postpartum anxiety and depression were 6.1 and 2.8 percent respectively. Three factors affecting postpartum anxiety were the number of children (OR = 3.50), postpartum blues (OR = 9.27) and marital satisfaction (OR = 6.59). Three important factors could explain 34.25 percent of variance in anxiety. There were four factors i.e. postpartum blues (OR = 3.64), abnormality in newborn (OR = 3.80), marital satisfaction (OR = 6.50) and maternal relationship (OR = 2.48) significantly associated with postpartum depression. These four factors could explain 24.87 percent of variance in postpartum depression. The results of this study suggested that nurses and health professionals should try to detect the symptoms of anxiety-depression in postpartum women as early as possible, especially for women who have problems of abnormality in newborn and marital satisfaction. In addition, the health officers should care for the problem cases by continuous visits and telephone follow up continuously.