

Prevalence of postpartum depression and associated factors in Santiago, Chile

Prevalencia de depresión postparto y factores asociados en Santiago, Chile.

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The aim of this study was to estimate the prevalence and factors associated to postpartum depression (PPD) in a sample of women attending clinics representative of different socioeconomic levels in Santiago. A total of 542 mothers selected from five health centres filled in the Edinburgh Postnatal Depression Scale which was used as the diagnostic criteria, a score of 10 and above being considered diagnostic of depression. Based in our findings, the prevalence of PPD would be 36.7% after adjusting for socioeconomic distribution in Santiago. An inverse relationship was found between socioeconomic status and prevalence of PPD. Mothers with lower incomes had a three-fold increase in prevalence of PPD in comparison to mothers with higher incomes. Single mothers (unmarried, separated and widows) were twice more likely to be cases of PPD.