Factors Related to Postpartum Depression among First Time Mothers and Fathers in Thailand
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Learning objectives

- The learner will be able to...
- know about postpartum depression that occur in Asian first time mothers and fathers especially in Thailand
- discuss about the factors that affect postpartum depression in first time mothers and fathers.
Transition of first time mother or father

Postpartum depression in mother and father

Instrument used for detect postpartum depression
Factors affecting postpartum depression: stress, social support

Methodology of this study

Results of the study
Becoming a parent is a welcome moment for a new Member of the family.
Parents who have a first child may be more likely to experience stress during the times of new role functioning and adjustment to new roles (Ngai, Chan & Holroyd, 2007).
Being a first time mother or father is an important transition in life that affects mental health and may lead to postpartum depression.
Postpartum depression is a deviation of emotional, thinking and perception that cause changes in physical and psychological noun of mother or father.
It represented by fatigue, headache, blues, changes in appetite and use of drugs or alcohol.
Postpartum depression is increasing worldwide, both in Europe and Asia.
The prevalence of postpartum depression among Thai women was increase from 9.5% in 2007 to 25% in 2009 and 22% in 2011.
Background & Significant of Problems

- All of Thai PPD statistical numbers trend to be higher than international statistics.
In Thailand, inadequate evidence based supported current situation of postpartum depression.
The purpose of this descriptive correlational research study was to

- explore stress, social support and postpartum depression among first time mothers and fathers.
The subjects were 116 fathers and mothers of children aged 6-8 weeks.

Approved by two Ethics Committees in medicine and nursing, at Chiang Mai University, Thailand
Data were collected at Maharaj Nakorn Chiang Mai Hospital and Chiang Mai Health Promotion Hospital, Thailand during June to September, 2014.
The research instruments used were The Edinburgh Postnatal Depression Scale (EPDS): Thai version translated by Pitanupong et al. (2007)
○ The Perceived Stress Scale-10 (PSS-10): Thai version translated by Wongpakaran & Wongpakaran (2010)
The Social Support Questionnaire for Father developed by Supakorn Chaina (Chaina, 2013)
Instruments

- The Social Support Questionnaire for Postpartum Mother developed by Nalinee Sithiboonma (Nalinee, 2015).
Psychometric Property of Instruments

Reliability of instruments: Cronbach’s Alpha Coefficient

- The Edinburgh Postnatal Depression Scale: .88
- The Perceived Stress Scale-10: .84
- The Social Support Questionnaire for Father: .90
- The Social Support Questionnaire for Postpartum Mother: .93
Data Analysis

Data were analyzed using

- Descriptive statistics
- Spearman’s Rank Correlation.
Results of the study revealed that first time mothers and fathers in Thailand had postpartum depression 48.28% and 24.14%, respectively.
Result of the study

Postpartum depression in Thailand

48.28% Mother

24.14% Father
Postpartum depression in first time mothers was higher than first time fathers.
Result of the study

- The prevalence of postpartum depression among first time mothers and first time fathers were increased than year 2009 and 2011.
- Higher than international statistics.
This study used The Edinburgh Postnatal Depression Scale [EPDS] to assess PPD in the first time mothers and define the cut-point at 6/7 score.
We found that postpartum depression in first time mothers was similar to previous study in 2015 (57.65%).
Post partum depression in first time father was found 24.14 percent.
This study used The Edinburgh Postnatal Depression Scale [EPDS] to assess PPD in the first time fathers and define the cut-point at 9/10 score.
We found that postpartum depression in first time fathers was higher than previous study in 2014 (13.88%).
The prevalence of postpartum depression among Thai first time fathers was higher than international statistic.
PPD in first time father:

- Denmark 5%
- United Kingdom 10%
- Canada 8.2%
Moderate positive correlation between stress and postpartum depression for both the first time mothers and fathers (r = .493, p < .01; r = .543, p < .01)
Low negative correlation between social support and postpartum depression in both the first time mothers and fathers (r = -.235, p < .05; r = -.278, p < .01)
The findings from this study can be used as baseline data to plan for nursing intervention to prevent postpartum depression in the first time mothers and fathers.
Thank you for your attention

ANY questions?