

# The Comparison of the Effect of Stillbirth Postpartum on Depression in Women Between the Ages 15-20 versus Ages 30-35

Michelle Brindle, Paige Francis, Ashley Menchaca, Ravali Valluri

Sheila Harvin, PhD, RN, CNS-P/MH

## Problem Statement

- Is there a difference between younger women of ages 15-20 and older women of ages 30-35 years of age and the level of depression after experiencing a stillbirth postpartum?

## Statement of Purpose

- Determine whether there is a difference between the younger women of ages 15-20 years and older women ages 30- 35 and their levels of depression after experiencing a stillbirth postpartum.

## Hypothesis

- There will be a greater level of postpartum depression following a stillbirth in younger women ages 15-20 than in older women ages 30-35.

## Independent Variable

- Stillbirth

## Dependent Variable

- Level of Depression

## Literature Review

- Women who are of young age, African American, single, uninsured, and with a low education, were found to have a higher prevalence of being screened positive for postpartum depression (Wisner et al. ,2013).
- Lakshiminarayana et al. (2012) found that there was an increase psychological distress with lower age women specifically during infant loss.
- Boggs, Gold, Leon, and Sen, (2015) concluded that those women who did lose a child after birth were four times more likely to be diagnosed with depression and seven times more likely to be diagnosed with post-traumatic stress disorder than those women who did not lose a child after birth.
- Vocational identity processes potentially indicate that there might be a high risk of depression in adolescents compared to the emerging adults (Lannegrand-Willems, Marchal, and Perchec , 2016).
- Depression was a major outcome in poor coping strategies after experiencing a postpartum loss (Van, 2012).

## Operational Definitions

- Depression- A disorder which makes a person feel lost, sad, and uninterested; measured with the use of a questionnaire, Edinburgh Postnatal Depression Scale
- Stillbirth- the death of a fetus in utero after 20 weeks gestation
- Postpartum- period that occurs right after birth and last up to six weeks

## Theoretical Framework

- Theory of Psychosocial Development By Erik Erikson
- According to this theory, completion of eight stages results in a healthy outlook and the formation of basic virtues (McLeod, 2013).
- For this proposed study, the adolescent girls ages 15-20 are going through a period of reflection and are in search of their identity (McLeod, 2013). In comparison, the older women ages 30-35 the focus is on personal relationships such as; a relationship with a child or a partner (McLeod, 2013).
- Nurses should follow Erik Erikson's Theory of Psychosocial Development in order to provide patient centered-care throughout the entire lifespan.

## Research Design

- Non-experimental correlational design

## Research Setting

- Two outpatient clinics located in two separate teaching hospitals in the large metropolitan area in southwest Texas..

## Population & Sampling

- The subjects will be chosen through purposive sampling.
- The population will consist of 80 postpartum women whom experienced a stillbirth.

## Data Collection

- The proposal will be submitted to the Institutional Review Board at Prairie View A&M University.
- Data will be collected using The Edinburgh Postnatal Depression Scale which is commonly used to measure postpartum depression.

The image shows a sample of the Edinburgh Postnatal Depression Scale (EPDS) form. It includes a header with the title 'Edinburgh Postnatal Depression Scale' (EPDS) and fields for Name, Address, Your Date of Birth, and Baby's Date of Birth. Below this is a section for 'How is an example, already completed.' followed by a series of 10 items, each with a rating scale from 0 to 3. The items cover various aspects of mood, interest, and physical health. At the bottom, there is a section for 'Administered/Reviewed by' and 'Date', and a footer with copyright information and a note about reproducing the scale.

## Data Analysis

- One-tailed  $t$  statistic will be used to assess whether the depression in adolescent girls (age:15-20) is higher than older women (age: 30-35) with significance level (alpha) at 0.05
- Descriptive statistics will be used to analyze the demographics
- If we reject  $H_0$  : at  $\alpha=0.05$ , we can conclude that there is a greater level of depression in younger women than in older women who have experienced post-partum depression after stillbirth.

## Significance to Nursing

- Identifying the age group most effected by postpartum depression when experiencing a stillbirth will help in assessing depression related to stillbirth.
- The results might throw new light on obstetric nursing practice by enabling to design specific interventions to the prenatal, antenatal, and postpartum women depending on their age.