The Prevalence and Risk Factors of Postpartum Depression Among Chinese Immigrant Women in Australia

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Background: Postpartum depression (PPD), as one of the most common mood disorders during the perinatal period, has a worldwide prevalence of 10-15%. It not only affects functional ability in many domains of a woman’s own life but also causes many negative impacts on the welfare of children as well as the marital relationship. Recently, a systematic review and meta-analysis showed that immigrant women are twice as likely to suffer postpartum depression as non-immigrant women. It is reported that 28.5% of Australian residents were born overseas, and among the overseas-born residents, China accounted for third place with a rate of 2.2%. However, there are few studies about perinatal mental health among Chinese immigrant women in Australia. Therefore, conducting such a study will help us understand the psychological status of Chinese immigrant women during the perinatal period and provide evidence for improving public health services.

Object: To examine the prevalence and incidence of postpartum depression and assess the relationship among demographic factors, social support, sleep quality, personality, acculturation and postpartum depression among Chinese immigrant women in Australia.

Method: A cross-sectional survey will be used in this study. Given the vast majority of PPD occurs within 12 weeks of birth, we intend to collect data 3 times: in the third trimester of pregnancy, 6 weeks postpartum and 12 weeks postpartum. Inclusion criteria (1) defined as an immigrant woman; (2) Gestation more than 32 weeks; (3) aged ≥ 18 years; (4) willing to participate in this study voluntarily. Exclusion criteria: (1) stillbirth; (2) suffering from severe mental illness; (3) receiving psychotherapy or participating in any psychological intervention. The instruments in this study include demographic questionnaire-including sociodemographic variables (age, gender, educational level, Occupation, income, living condition, insurance et al), clinical variables (pregnancy status, pregnancy history, pregnancy preparation et al), Edinburgh Postnatal Depression Scale (EPDS)- cut-off score of 9/10 was used to identify the risk of the PPD, Social support scale (SSS), Pittsburgh Sleep Quality Index (PSQI), Eysenck Personality Questionnaire- Neuroticism, (EPQN) and Riverside Acculturation Stress Inventory (RASI).

Discussion: There is an urgent need to understand the incidence of postpartum depression among Chinese immigrant women and possible risk factors. This study will help our understanding of the perinatal mental health of Chinese immigrant women and assist the improvement of the public health service system. We anticipate this study will be expanded to include other immigrant women across Australia.

Title: The Prevalence and Risk Factors of Postpartum Depression Among Chinese Immigrant Women in Australia
Keywords:
Postpartum depression, immigrant and risk factors

References:


Abstract Summary:
Lacking of social support and facing the stress of acculturation will make immigrant women at a higher risk of suffering postpartum depression. This study will contribute our understanding of the mental health status of Chinese immigrant women in Australia and its risk factors during the perinatal period.

Content Outline:

• Introduction.
  1. There is a need to understand the psychological status of Chinese immigrant women in Australia
  2. Identifying the risk factors for the postpartum depression will help us to improve public health services.

• Body
  1. Literature review
    a. Postpartum depression negatively affects many domains of women as well as their family.
    b. Immigrant women are more likely to get postpartum depression than non-immigrant women.
    c. Chinese immigration accounted for the third place of all the immigration in Australia

  2. Methodology
    a. Research design: cross-sectional survey
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Author Summary: Jiarui is a PhD student at Centre south university, Changsha, China. She received her bachelor degree in nursing from Central South University and accepted as a master-doctor PhD student during her second year of her master. She is studying as a visiting scholar at Monash University from Sep 2017. Her research focuses on postpartum depression.

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