

Poster presentation

Prevalence of mental disorders among women after delivery

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Background

Much research has shown that prevalence of mental disorders in women were higher than men and physical and environmental changes along with stresses resulting from delivery could rise the possibility of mental disorders.

Materials and methods

Based on the prevalence of mental disorders in previous researches and ten percent of possible decrease, 422 women who had referred to mental health centers for vaccination were selected and responded to the SCL90-R test. The relationship among the various scales of the test based on age, education, delivery style, delivery order and economic status were examined. According to a cut of point of 40, the suspected cases were referred to a psychiatrist.

Results

The results show that the most prevalent mental disorders was depression, Depression with economic status, delivery style, delivery order and duration after delivery, anxiety with age, delivery style, delivery order and duration after delivery, phobia with delivery order and duration after delivery, aggression with duration after delivery were related ($P < 0.01$).

Conclusions

Considering the prevalence of mental disorders, especially depression, it is necessary for mothers to be protected, trained and cared particularly three months after delivery.

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