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Prevalence and associated factors of common mental disorders among pregnant women in Debre Birhan Town, North Showa Zone, Amhara region, Ethiopia, 2014

Kefyalew D Gizachew and Gashaw Andargie
Debre Berhan University, Ethiopia

Introduction: In low- and lower-middle income countries about one in six pregnant women are experiencing antenatal common mental disorders (CMD).

Objective: To assess prevalence and associated factors of common mental disorders among pregnant women in Debrebirhan Town, North Showa Zone, Amhara region, Ethiopia, 2014.

Methods: Community based cross-sectional study was employed among 569 study subjects. Data was collected using face-to-face interviews with Amharic version of Self Reporting Questionnaire (SRQ-20) from seven selected kebeles. Kebeles were selected by simple random sampling and individuals were selected using cluster sampling. Crude Odds Ratio (COR) and adjusted Odds Ratio (AOR) was analyzed using bivariate and multivariable logistic regression analysis and the level of significance for association was determined with 95% CI and at P- value < 0.05.

Result: A total 557 study participants were completed the interview and the prevalence of antenatal common mental disorder was found to be 45.2%. Loss of loved one (AOR=1.97; 95% CI: 1.19-3.27), history of chronic medical illness (AOR=6.57; 95% CI: 2.17-19.94), Unwanted pregnancy (AOR=2.13; 95% CI: 1.15-3.95), nulliparity (AOR=8.71; 95% CI: 1.58-47.94), one or less ANC consultations (AOR=0.22; 95% CI: 0.08-0.64), two-three ANC consultations (AOR=0.30; 95% CI: 0.11-0.83) and current obstetric complications (AOR=4.45; 95% CI: 2.21-8.99) were important factors significantly associated with antenatal common mental disorder.

Conclusion: The prevalence of antenatal common mental disorder (CMD) was high in this study that shows antenatal CMD is significant public health issue that requires a great emphasis. So, early screening and intervention for antenatal CMD should be integrated in primary health care and antenatal care service settings.

Biography

Kefyalew D Gizachew has his expertise in evaluation and treatment in improving the mental health wellbeing. He serves as a Lecturer in Debre Berhan University, Ethiopia since October, 2015. He previously worked as a Midwife in primary health care settings and in Debre Berhan Referral Hospital, Ethiopia. He served as a Mental Health Professional Specialist in Debre Berhan Referral Hospital.

kdgc08@yahoo.com

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