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To see the psychiatric morbidity during the first trimester of pregnancy in tertiary care hospital

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Introduction: Psychiatric co-morbidities are common during the first trimester of pregnancy and various studies have found that it may also have an impact on the developing baby as well as the mother. Therefore, it is important to estimate the prevalence of psychiatric morbidity among gestational women.

Aims: The aim of the study is to see the psychiatric morbidity during the first trimester of pregnancy in a tertiary care hospital.

Materials and Methods: The study was done on 100 women presenting to DMC&H Ludhiana, during the first trimester of pregnancy. After taking an informed consent, the assessment was done by the Hamilton Anxiety Rating Scale (HAM-A) and Hamilton Depression Rating Scale (HAM-D) and a questionnaire for socio-demographic and obstetric data. Incorporation criteria were: pregnant ladies with no past or show the history of nervousness and wretchedness, mental treatment, and no clinical and obstetric intricacies.

Results: The prevalence of Anxiety was 43.4% and the prevalence of Depression was 19.6%. The higher incidence was found for anxiety among primiparous women and depression was found more among Multiparous women. The more common manifestations were gastrointestinal, sleep disturbance and decreased interest in pleasurable activities. Anxiety and Depression were associated with lower women's educational level, unplanned pregnancies and a greater number of previous abortions.

Conclusions: Prevalence of Anxiety and Depression was high and were associated with similar socio-demographic and socio-economic risk factors, suggesting some common environmental stressors may be involved so the gynecologist must be aware of these manifestations so as to decrease the morbidity and healthy outcome.

Biography

Dr Shweta Gupta is an Associate Professor in the Department of Obstetrics and Gynaecology with a teaching experience of 17 years. A life member of Federation of Obstetrics & Gynaecological Society of India, Association of Gynecologists of Punjab and Breastfeeding promotion and Network of India; she was a resource person for the training workshop on HIV under NACO. As part of her various achievements she was awarded the Academic Fellowship by the Indian College of Obstetrics & Gynaecology in 2012 and has worked as a Clinical Fellow in Urogynecology at KK Women's and Children's Hospital, Singapore. Besides her contribution to chapters in books, she has numerous publications in National Journals.

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