

## Prevalence of antenatal depression and associated factors among pregnant women in West Shoa Zone, Central of Ethiopia

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### Abstract

**Introduction:** Worldwide, while higher prevalence levels of maternal depressions are reported in LMICs (20%–39%). Most maternal deaths (99% of global maternal deaths) occur in LMICs due to undetected and/or inadequately treated complication such as infection, hemorrhage, unsafe abortion, hypertension and obstructed labor. **Objective:** To assess the prevalence antenatal depression symptoms and associated factors among pregnant women in west Shoa zone, central of Ethiopia, 2018 **Method:** In community -based cross-sectional study, 874 women in the second or third trimesters of pregnancy were recruited in west shoa Zone, central Ethiopia. Depressive symptoms were measured using a locally validated version of the Patient Health Questionnaire (PHQ-9). The association between antenatal depressive symptoms and socio demographic, perceived stress and obstetrics condition by using binary regression

**Result:** Prevalence of antenatal depression symptoms was 32.3% among pregnant women living in west Shewa zone. Monthly family income between less than 500 ETB [3.19; 95% CI (1.47, 6.96)], rural residence [4.44(2.28, 8.64)], unplanned pregnancy [1.52; 95 % ( 1.04, 2.21)] and who have history of abortion in life time [5.13(2.42, 10.85)], were significantly associated with depression symptoms. **Conclusion:** Although clinical confirmation for antenatal depression is not conducted, one third of the pregnant women were depressed symptoms in west shoa zone based on PHQ-9. Others low level monthly income, rural residence, unplanned pregnancy, and having previous history of abortion in life time were factors independently associated with antenatal depression. Promotion of family planning and integration of mental health service with existing maternal health care as well as strengthening the referral system among public health centers were the recalled interventions to prevent antenatal depression in west shoa zone health facilities.



### Biography:

Takele Tiki has completed his MSc. In clinical and community mental health and he is currently working as a lecturer at Ambo University. He has four year experience of lecturing at University of different courses and has five publication with in four years

### Speaker Publications:

1. “Assessment of the Prevalence and Factors Associated to Perceived Stigma among Epileptic Patient who are on Follow up at Hospitals in West Shewa Zone, Central Ethiopia, Institutional Based Cross-Sectional Study, 2017”, journal of neurology and neurobiology/ 08 Aug, 2018
2. “Level of Dietary Diversity and Associated Factors among Adult Patients on HAART at Public Health Facilities of Ambo town, West Shoa Zone Ethiopia”, Journal of Tropical Diseases & Public Health/ Volume 7, Issue 5
3. “Level of Overweight, Obesity and Associated Factors Among Preschool Children in Dire Dawa City, Eastern Ethiopia, 2016”, January 2019
4. “Immunization Coverage and Associated Factors Among Children in Bila Town, West Wellega Zone, Oromia Regional State, Western Ethiopia”, Volume 3 Issue 11 November 2019
5. “Prevalence and factors associated with depression among pregnant mothers in the West Shoa zone, Ethiopia: a community-based cross-sectional study”, Annals of General Psychiatry/ Vol 19 Issue 24

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