

**Programme: Public Health and Social
Care in Practice**

Module: Practice-Based Research

Module code: LCHS7001

Lecturer: Dr Diola Bijlhout

***Title: Analysing Mental Health among
Women during their postpartum age
Group 25 to 35 in the UK***

**Name: CHANANA PADMANABHAN
Student Numbers: 2242074**



Table of Contents

- 1. Introduction
 - 1.1 Background to the study
 - 1.2 Rationale
 - 1.3 Research Aim
 - 1.4 Research Questions
- 2. Methodology
 - 2.1 Research Design
 - 2.2 Sampling, Recruitment and Study Participants
 - 2.3 Data collection method
 - 2.4 Ethical Consideration
 - 2.5 Implication of Research
 - 2.6 Plan of Work and Time Schedule (Gantt Chart)
- Reference list



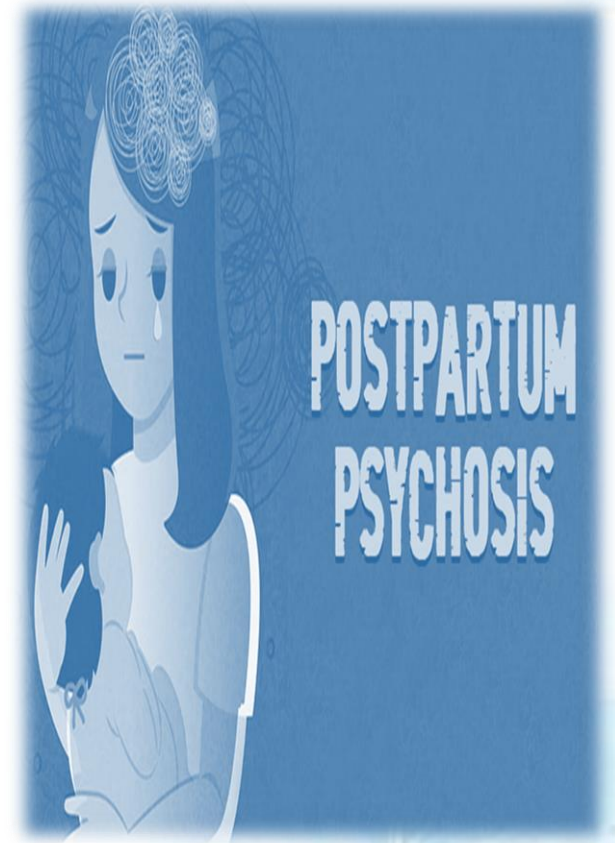
1. Introduction

- **1.1 Background to the study**
- The postpartum period is considered a demanding period in the life of a woman which features overwhelming biological, social, physical and emotional changes (Yesilcinar et al. 2017).
- Women during the post-partum period are highly vulnerable to severe psychiatric disorders such as depression, psychosis and post-partum blues (Meltzer-Brody Meltzer-Brody et al. 2018).



Contd.

- Based on the statistics, during the post-partum period, nearly 85% of women experience mood disturbance for which common symptoms include mild and short-lived (MGH Centre for Women's Mental Health, 2023).
- On the other hand, many women say 10 to 15% of women face major symptoms of anxiety and depression (Rai et al. 2015)
- Among women, postpartum illness is mainly categorized into three main forms that are post-partum blues, depression and psychosis (Andela and Dewani, 2023). .



1.2 Rationale

- Based on the report antenatal anxiety (15%) and depression (11%) are common risk factors for post-partum psychiatric disorders (PPD) (Meltzer-Brody et al. 2018)
- Adverse living standard and improper social support increases the risk for PPDs in every country and different level of society (Yaksi and Dilsad, 2021)
- Poor mental illness during postpartum also leads to maternal mortality (Howard and Khalifeh, 2020)



1.3 Research Aim

- **Aim**

- The research aims to analyse the mental health illness of women aged between 25 to 35 years during the post-partum in the UK.



- **Objectives**

- To assess the prevalence of post-partum mental health disorders among women in the UK
- To evaluate the risk factors associated with the post-partum mental health of women in the age group of 25-35
- To identify the support system and coping mechanism women commonly use to deal with mental health challenges in the UK

1.4 Research Questions

- What are the risk factors responsible for developing post-partum mental health disorders such as depression, and anxiety among women aged between 25 to 35 years and which common support system interventions are used by women during post-partum mental illness in the UK?



2. Methodology

- Research methodology in research demonstrates the overall strategy, purpose and methods of research conduction with justifications (Pandey and Pandey, 2021).
- In this study, data will be collected from either primary sources that is, surveys and secondary sources to evaluate the relationship between variables.
- Primary sources are identified as those resources which are close to the origin of the information while secondary resources offer an interpretation and analysis of primary sources (Mohajan, 2018)



Contd.

- Pragmatism philosophy is used in the research as it helps to incorporate operational decisions depending on which fits the best in finding proper answers to the research questions, however, it is often criticised for failing to identify a foundation for ethical and moral beliefs being too practical. (Kaushik and Walsh, 2019).
- The abductive approach is used in research because it allows intuition to inform theoretical evolution and understand the specifics of observed phenomena, however, it is not inherently formal (Awuzie and McDermott, 2017).
- Explanatory research design is used in the study as it is effective in testing hypotheses and establishing relationships between cause and effect (Asenahabi, 2019).

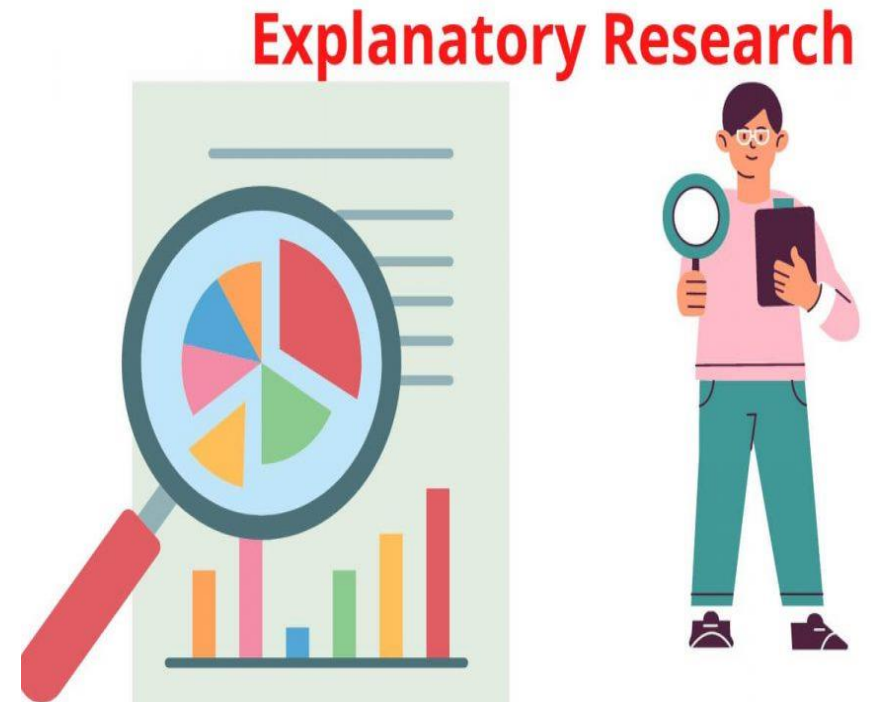
2.1 Research Design

- Research design refers to the method of collecting data and its organisation that can help the researchers to apply the findings of the research in future (Pandey and Pandey, 2021).
- In this context, explanatory research design is used that aims at uncovering the underlying relationships and causes between several variables (Ragab and Arisha, 2018).
- It often involves different methods to collect data such as surveys.



Contd.

- Explanatory research design limits the generalisability as it involves studying a specific sample (Asenahabi, 2019)
- Moreover, it can also be resource-intensive and time-consuming if it only involves analysing information in bulk (Bowen et al. 2017).
- There are possibilities of biases in selection, measurement (Rahi, 2017)



2.2 Sampling, Recruitment and Study Participants

- **Sampling**

Sampling Methods



- Sampling refers to a small group of a population who participates in the data collection process and represents the entire population (Moser and Korstjens, 2018).
- As the research aims to analyse the mental health illness of women aged between 25 to 35 years during the postpartum period, it has used a judgemental sampling strategy to gather data.
- The biggest advantage of judgemental sampling is that it can help in conducting a quick survey as the members of the study are likely to possess adequate knowledge and understanding of the concern. (Matli, 2020).
- However, it is highly susceptible to biasness (Sharma, 2017)

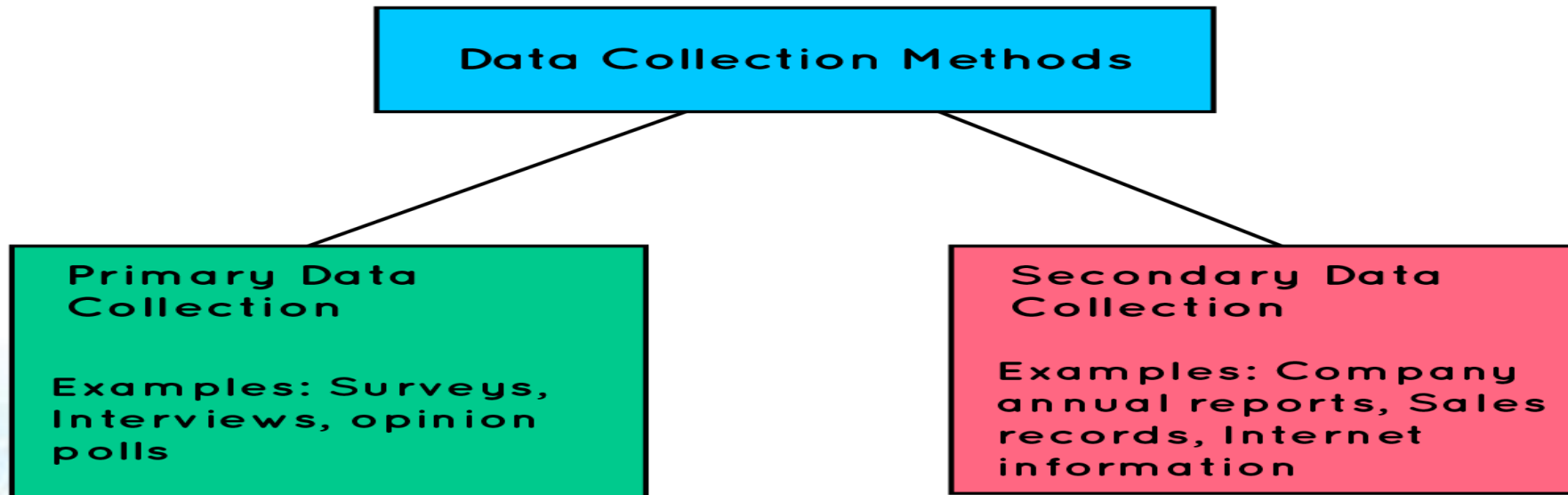
Contd.

- **Recruitment and Study participants**

- The study participants are recruited from local community organizations, including Parenting Support Groups, Breastfeeding Support Groups, Community Centers, Online Parenting Forums, Childcare Centres, and others based on the experience women have conquered during the postpartum period
- The study participants are between the ages group of 25 to 35 years and have at least one child
- The sample size of the research is 50, consisting of women with ideas regarding the cause and effects of mental health illness

2.3 Data collection method

- Data collection is an important chapter in research, in which data is gathered from valid sources and provide better insights to analyse accurate solution (Moser and Korstjens, 2018).
- This research has gathered quantitative data from primary sources and secondary sources



Contd.

- For data collection from the survey, 5-6 minutes is allocated to every participant so that they can provide their understanding regarding the cause and effect of mental health illness of women during post-partum
- Simple questions are asked to the selected women participating in the survey regarding social security and health care during post-partum
- In compliance with the ethics of research, every participant would be informed about the rules and regulations to ensure high ethics

Contd.

- Regarding secondary resources, information is collected from Google Scholar and ProQuest. Only English article is selected printed or edited after 2015
- Irrelevant secondary sources such as a blog or unpublished articles are not considered to collect reliable information (Adams et al. 2017)
- Plus, databases such as Google Scholar and ProQuest are considered for research purposes (Paez, 2017).



Google Scholar



Contd.

- **Data analysis**

- In data analysis, gathered data is evaluated and analysed to derive accurate outcomes from the primary and secondary resources (Sherif, 2018)
- Statistical and thematic analysis is used in the study to outline accurate outcomes in the case of primary and secondary research methods (Herzog et al. 2019)

2.4 Ethical consideration

- The study must adhere to the ethics to develop its quality and deal with future challenges (Reid et al. 2018)
- This study must progress considering the ethical guidelines of "The Data Protection Act 2018" (Ienca et al. 2019).



Data Protection Act 2018

Contd.

- In the case of primary data collection through a survey, the consent of the participants is very important from participants (Arifin, 2018)
- Regarding the secondary sources, information taken from published articles, journals, and books must be cited to avoid any plagiarism (Awasthi, 2019)



Contd.

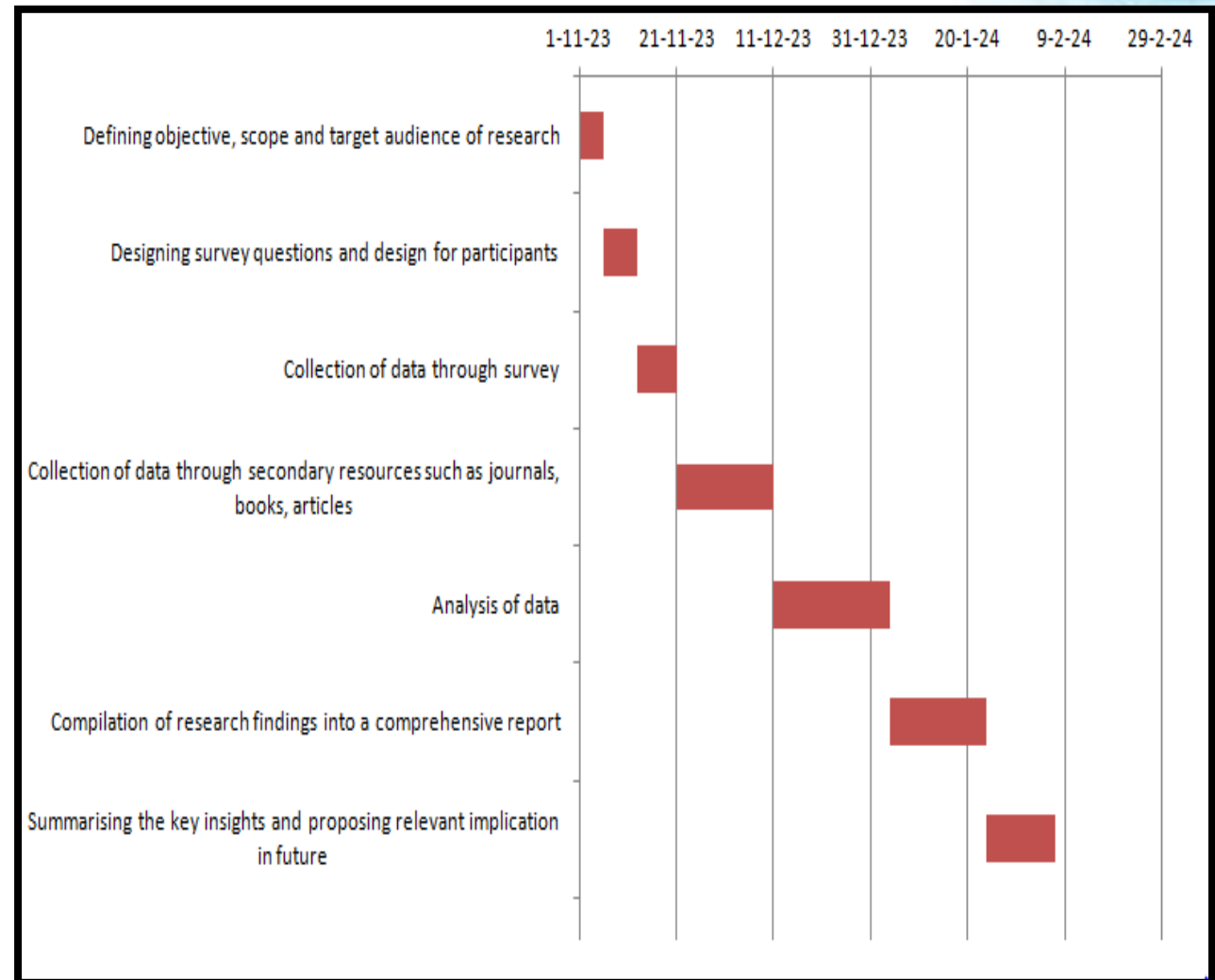
- Anonymity and privacy of participants are of utmost importance in research (KANG and HWANG, 2023)
- The participants must not be subjected to harm in whatsoever ways (BRM, 2023)
- An adequate level of confidentiality must also be assured during the research process (Pandey and Pandey, 2021)
- Predominantly, the participants must not be provided with misleading information and foremost biases must be avoided (Chandler et al. 2020).

2.5 Implication of Research

- As per the experience of this study, qualitative research in the future can be considered to be conducted to collect in-depth knowledge from women and record their emotions.
- The aetiology of post-partum disorders tends to be a multi-faceted interaction of social, biological and psychological factors in addition to environmental and genetic factors, so solutions to the challenges can be defined better in future by interviewing participants from different local community organizations, including Parenting Support Groups, Breastfeeding Support Groups, Community Centres, Online Parenting Forums, Childcare Centres and other NGOs in the UK

2.6 Plan of Work and Time Schedule (Gantt Chart)

Activity	Start Date	Duration	End Date
Defining objective, scope and target audience of research	01-11-2023	5	06-11-2023
Designing survey questions and design for participants	06-11-2023	7	13-11-2023
Collection of data through survey	13-11-2023	8	21-11-2023
Collection of data through secondary resources such as journals, books, articles	21-11-2023	20	11-12-2023
Analysis of data	11-12-2023	24	04-01-2024
Compilation of research findings into a comprehensive report	04-01-2024	20	24-01-2024
Summarising the key insights and proposing relevant implication in future	24-01-2024	14	07-02-2024



Reference list

- Adams, R. J., Smart, P. and Huff, A. S. (2017) 'Shades of grey: guidelines for working with the grey literature in systematic reviews for management and organizational studies', *International Journal of Management Reviews*, 19(4), 432-454.
- Andela, M., & Dewani, D. (2023). 'Postpartum Mood Disorders: A Short Review', *Journal of South Asian Federation of Obstetrics and Gynaecology*, 15(1), 102-107.
- Arifin, S. R. M. (2018). 'Ethical considerations in qualitative study', *International journal of care scholars*, 1(2), 30-33.
- Asenahabi, B. M. (2019). 'Basics of research design: A guide to selecting appropriate research design', *International Journal of Contemporary Applied Researches*, 6(5), 76-89.
- Awasthi, S. (2019) 'Plagiarism and academic misconduct: A systematic review', *DESIDOC Journal of Library & Information Technology*, 39(2).
- Awuzie, B. and McDermott, P. (2017). 'An abductive approach to qualitative built environment research: A viable system methodological exposé.', *Qualitative research journal*, 17(4), 356-372.

Reference list

- Bowen, P. W., Rose, R., and Pilkington, A. (2017) 'Mixed methods-theory and practice', Sequential, explanatory approach. *International Journal of Quantitative and Qualitative Research Methods*, 5(2), 10.
- BRM, (2023) *Ethical Considerations* Available at: <https://research-methodology.net/research-methodology/ethical-considerations/> (Accessed: 07 November 2023)
- Chandler, J., Sisso, I. and Shapiro, D. (2020). 'Participant carelessness and fraud: Consequences for clinical research and potential solutions', *Journal of Abnormal Psychology*, 129(1), 49.
- Herzog, C., Handke, C. and Hitters, E. (2019). *Analyzing talk and text II: Thematic analysis* (pp. 385-401). Springer International Publishing.
- Howard, L. M., and Khalifeh, H. (2020). 'Perinatal mental health: a review of progress and challenges', *World Psychiatry*, 19(3), 313-327.
- Ienca, M., Scheibner, J., Ferretti, A., Gille, F., Amann, J., Sleight, J., ... and Vayena, E. (2019). *How the General Data Protection Regulation changes the rules for scientific research: Study* (pp. QA-04). ETH Zurich.
- KANG, E. and HWANG, H. J. (2023) 'The Importance of Anonymity and Confidentiality for Conducting Survey Research'.
- Kaushik, V. and Walsh, C. A. (2019). 'Pragmatism as a research paradigm and its implications for social work research', *Social sciences*, 8(9), 255.

Reference list

- Matli, W. (2020) 'The changing work landscape as a result of the Covid-19 pandemic: insights from remote workers life situations in South Africa', *International Journal of Sociology and Social Policy*, 40(9/10), 1237-1256.
- Meltzer-Brody, S., Howard, L. M., Bergink, V., Vigod, S., Jones, I., Munk-Olsen, T., ... and Milgrom, J. (2018). 'Postpartum psychiatric disorders', *Nature Reviews Disease Primers*, 4(1), 1-18.
- MGH Center for Women's Mental Health. (2023) *Postpartum Psychiatric Disorders* Available at: <https://womensmentalhealth.org/specialty-clinics-2/postpartum-psychiatric-disorders-2/> (Accessed: 07 November 2023).
- Mohajan, H. K. (2018) 'Qualitative research methodology in social sciences and related subjects', *Journal of economic development, environment and people*, 7(1), 23-48.
- Moser, A., and Korstjens, I. (2018). 'Series: Practical guidance to qualitative research. Part 3: Sampling, data collection and analysis', *European journal of general practice*, 24(1), 9-18.
- Paez, A. (2017) 'Gray literature: An important resource in systematic reviews', *Journal of Evidence-Based Medicine*, 10(3), 233-240.
- Pandey, P, and Pandey, M. M. (2021). *Research methodology tools and techniques*. Bridge Center.
- Ragab, M. A., and Arisha, A. (2018) 'Research methodology in business: A starter's guide'.

Reference list

- Rahi, S. (2017) 'Research design and methods: A systematic review of research paradigms, sampling issues and instruments development', *International Journal of Economics & Management Sciences*, 6(2), 1-5.
- Rai, S., Pathak, A., and Sharma, I. (2015). 'Postpartum psychiatric disorders: Early diagnosis and management', *Indian journal of psychiatry*, 57(Suppl 2), S216.
- Reid, A. M., Brown, J. M., Smith, J. M., Cope, A. C. and Jamieson, S. (2018) 'Ethical dilemmas and reflexivity in qualitative research', *Perspectives on medical education*, 7, 69-75.
- Sharma, G. (2017) 'Pros and cons of different sampling techniques', *International journal of applied research*, 3(7), 749-752.
- Sherif, V. (2018). 'Evaluating preexisting qualitative research data for secondary analysis', In *Forum qualitative sozialforschung/forum: Qualitative social research* (Vol. 19, No. 2).
- Sugiura, L., Wiles, R. and Pope, C. (2017) 'Ethical challenges in online research: Public/private perceptions', *Research Ethics*, 13(3-4), 184-199.
- Yaksi, N., & Dilsad, S. A. V. E. (2021). 'How do social and spousal support influence postpartum depression?', *Marmara Medical Journal*, 34(3), 327-338.
- Yesilcinar, I., Yavan, T., Karasahin, K. E., & Yenen, M. C. (2017) 'The identification of the relationship between the perceived social support, fatigue levels and maternal attachment during the postpartum period', *The Journal of Maternal-Fetal & Neonatal Medicine*, 30(10), 1213-1220.