

**Module: Introduction to Research
(BMHP5005)**

Assessment 2: Viva Voce

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Introduction

According to WHO (2017), depression is a widespread mental health condition around the world, but its prevalence is not evenly distributed between men and women. Ladies are 50 percent more likely than males to suffer from depression. In Africa, 5.95 percent of females and 4.9 percent of males suffer from depression.

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Topic: Postpartum depression among young women in the Nigeria.

What is your literature review about?

- The important of identifying postpartum depression.

Aim: What are you trying to find out?

- Explore the prevalence of Postpartum depression among women in Nigeria.

Objectives: How were you going to find that out?

- To identify the consequences of PPD between age 25 to 35 women in Nigeria.

Literature review: The important of identifying postpartum depression.

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Methods

Inclusions:

Articles from 2010 to 2021 was included, for women of 25-35 years, pregnant ladies married and unmarried, this report also, includes Nigeria.

Exclusions:

This research excluded younger women from 24 years and below and women from 36 years and over, women from other Countries, this research also, excludes men of all ages.

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Methods

Data search summaries:

Series of search questions were created and executed on different engines, notably Google Scholar, PubMed and EBSCOhost, as well as numerous databases such as Medline, CINAHL, Cochrane Database, and Health Technology Assessments, to meet the study's objectives. 'depression' and '(women or female or girl)' and 'Nigeria' and '(Postpartum)'; 'depression' and '(women or female or girl)' and 'Nigeria' and '(Postpartum)'; 'depression' and '(women or female or girl)' and to combine important words.

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Literature Review

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Tungchama F.P., Obindo J.T., Armiya'u A.Y., Maigari Y.T., Davou F.J. and Goar S.G. 'Prevalence and sociodemographic correlates of postpartum depression among women attending Postnatal and/or Children's Welfare 2018	To establish psychosocial factors on postnatal depression.	The Edinburgh Postnatal Depression Scale questionnaire and the Depression Module of the Structured Clinical Interview for DSM-IV axis I Diagnosis were used. 550 women were recruited in a cross-sectional study that involved a two-stage procedure. Tertiary Hospital in Jos, Nigeria.	21.8% of PPD was found among the participants. Age , marital status, types of marriage, finance, and educational level, were significantly associated with PPD.
Jagadehat Madush	To highlight the pattern and	A simple random	postpartum depression is as

Harriet Anyanwu: Literature Review

Results

Key findings or results:

- Almost every study found a link between marital status and PPD.
- While marital happiness has been indicated as a mild predictor of PPD, its effect is primarily focused on the woman's perceived level of physical, financial, and emotional support in the relationship (Nwosu, 2021).
- The influence of family context on PPD can be linked to the same level of reported satisfaction.

Themes identify:

- Family, marriage, marital, poverty, being a woman.

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Themes: Family, marriage, marital, poverty, being a woman.

Discussion

Discuss the themes:

- Among various complications arising from pregnancy.
- Postpartum depression is the most common.
- The gender of the kid was discovered to be a risk factor for postpartum depression.
- Most Africans prefer male offspring as heirs and family progenitors, which puts a strain on women.

Among various complications arising from pregnancy, postpartum depression is the most common, impacting some women and creating a public health issue.

According to one of the studies, postpartum depression exists among Nigerian women.

The gender of the kid was discovered to be a risk factor for postpartum depression.

This is consistent with earlier studies that suggest that a husband's or even a wife's dissatisfaction with the baby's gender is associated with postpartum depression, especially if the baby is a girl (Abiodun, 2006). This is especially obvious if the mother has already had a girl child.

Most Africans prefer male offspring as heirs and family progenitors, which puts a strain on women.

Conclusion

Depression is a widespread mental condition that affects both men and women in different ways around the world.

PPD exists, as evidenced by the fact that it was mentioned in all the literature analysed in this study (although the prevalence was different levels).

Despite the prevalence of PPD, it remains underdiagnosed due to a lack of awareness and probably stigmatisation connected with it.

However, it was discovered in this study that women's age, particularly those between the ages of 25 and 35, is linked to PPD.

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References

1. Abiodun O.A. (2006) 'Postnatal depression in primary care populations in Nigeria', *Gen Hosp Psychiatry* 28: 133–6.
2. Nwosu N. (2021) 'Postpartum depression and physical activity amongst women attending immunization and postnatal clinic in a tertiary hospital in Ibadan', *Research Square*. Pp 1-19
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2. WHO, (2017)? Depression and Other Common Mental Disorders, Global Health Estimates. Available at: <https://apps.who.int/iris/handle/10665/254610> Accessed: 09/12/2021.

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