



كلية الصحة العامة-فلسطين
School of Public Health
القدس- فلسطين



Al-Quds University

Prevalence and risk factors of postpartum depression in Gaza-Strip Palestine

Ayesh Mohamed Sammour

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**Prevalence and risk factors of postpartum
depression in Gaza-Strip Palestine**

By

Ayesh Mohamed Sammour

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Student Name: **Ayesh Mohamed Sammour**

Registration Number: **9910688**

Supervisor: **Dr. Yehia Abed**

Co-supervisor: **Dr. Abed El-Aziz Thabet**

Master thesis submitted and accepted, Date: **October 2002**

The names and signatures of examining committee members are

Dr. Yehia Abed

Head of Committee

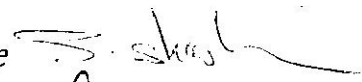
Signature



Dr. Suzanne Shasha`a

Internal Examiner

Signature



Dr. Fadel Abo-Hein

External Examiner

Signature



Al-Quds University

2002

Dedication

To my mother and all Palestinian mothers



Declaration:

I certify that this thesis submitted for degree of Master is result of my own research, except where otherwise acknowledge, and this thesis (or any part of the same) has not been submitted for a higher degree to any other university or institution.

Signed 

Ayesh Mohamed Sammour

Date: 21/10/2002

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المختصر

انتشار وعوامل الخطر في اكتئاب بعد الولادة في قطاع غزة بفلسطين

الخلاصة: كان هناك دراسات عديدة في أوروبا الغربية وأمريكا الشمالية حول اكتئاب بعد الولادة وعوامل الخطر المقبولة، ولكن في فلسطين فإنها مختلفة عنها في البلدان الغربية والبلاد الأخرى وفي علاقتها بالضغوط المحيطة بالولادة من ضغوط فيزيائية، ونفسية اجتماعية وعنف سياسي ضد الفلسطينيين وكذلك في معدل الانتشار.

الهدف: تقييم اكتئاب بعد الولادة بين الأمهات من نسبة انتشار وعلاقته بالضغوط النفسية والاجتماعية والسياسية في قطاع غزة- فلسطين

الدراسة: دراسة وصفية تحليلية.

الإجراءات: العينة: تشمل ٣٦٤ أمّ ولدن حديثاً في قطاع غزة بفلسطين في سنة ٢٠٠١-٢٠٠٢، وتم تقيّمهن في مراكز رعاية الأمومة والطفولة وكذلك اللاتي ولدن في مستشفيات الولادة، كل العينات أخذت خلال أول شهر بعد الولادة، وذلك بالإجابة على استبيان تقرير ذاتي عن الضغوط الجسمية والنفسية الاجتماعية والعنف السياسي المحيط بالولادة، إضافةً إلى استبيان أدنبرة لقياس اكتئاب بعد الولادة (EPDS)، والتي يكون فيها تسجيل ١٣ نقطة أو أكثر تُشير إلى اكتئاب بعد الولادة.

النتائج: نسبة انتشار اكتئاب بعد الولادة ٦٩% وعوامل الخطر ظهرت كما هو موجود بشكل عام في

اكتئاب بعد الولادة أضيف إليهم العامل الأكثر شيوعاً وهو العنف السياسي الإسرائيلي في انتفاضة

الأقصى (معامل بيرسون للإرتباط $Pearson = 0.01$)

الخلاصة: (٦٩%) من الأمهات في الأربيع أسابيع الأولى بعد فترة الولادة تعاني من اكتئاب بعد الولادة، وإن عوامل الخطر لاكتئاب بعد الولادة في غزة بفلسطين أكثر من النتائج الأخرى في الدراسات السابقة العديدة في البلدان الصناعية، ترجع إلى الإجهاد السائد والأكثر شيوعاً وهو العنف السياسي الإسرائيلي ضد الفلسطينيين. وهذه النتائج توجي بمدى أهمية الكشف المبكر والعناية المبكرة بالأمهات في فترة الولادة المحفوفة بالمخاطر العالية لاكتئاب بعد الولادة.

Abstract

Background: There have been numerous studies of the prevalence of postpartum depression and its accepted risk factors in Western Europe and North America, but in Palestine it's different from that in Western and other countries in its relationship with perinatal, physical, psychosocial, and political violence stressors and prevalence.

Objective: To evaluate the prevalence of postpartum depression and to illustrate the psychosocial risk factors of postpartum depression in Gaza strip-Palestine.

Design: An analytic descriptive study.

Method: Sample: 364 mother got birth at Gaza strip in Palestine at 2001-2002 was assessed in Gaza strip in maternal care centers and obstetric hospitals in Palestine. All subjects were assessed during first month in postpartum period using self-report questionnaire for perinatal stressors, physical, psychosocial, and political violence factors and Edinburgh Postnatal Depression Scale (EPDS), in which scores of 13 or more are considered to signal depression.

Results: The prevalence rate of postpartum depression was 69 % and a perinatal risk factors emerged as commonly believed risk factors for postpartum depression added to them the most common postnatal stressor the political violence situational stressor with significant association (Pearson's correlation coefficient = 0.01).

Conclusion: (69%) of mothers in first 4 weeks after delivery period display a probable depression, and its risk factors in Gaza strip in Palestine related to the most common prevalent stress is the political violence in this area added to physical and psychosocial stressors.

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