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Mental disorders associated with the puerperium in Sri Lanka

(With references to Colombo District)

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Mental disorders associated with puerperium is also known as postpartum disorders and postnatal disorders. Postpartum period can be identified as a highly complicated period and it has a probability to increase mood disorders. It can be defined as complex and emotionally unstable period. Mood disturbances at the post-natal period, can be identified as mild, moderate and severe levels and Short and long term. The objective of this research is to identify the mental disorders and its nature associated with puerperium in Sri Lanka.

Selected 4 MOH offices using the Cluster sampling method from all 12 offices situated in the Colombo District. The Sample was selected by using the Purposive Sampling method and it consisted of 25 women who scored above 10 marks on the Edinburgh Postnatal Depression Scale. All primary data were collected by the structured interview method and a questionnaire was used to collect data and books and journal articles were used as secondary data. Data analysis has been done by descriptive method.

Among the women who participated in the study, 40% had "Mild" intensity level and 52% had "moderate" intensity level of the symptoms of the disease. Only 8% of the participant women reported "severe" intensity level. The mean age of the sample was 27.88. 16% of the sample had been referred for drug treatment and 84% were not referred to drug treatment or any medical advices. The analyzed data showed that mental disorders can be seen in the postpartum in Sri Lanka. Data analysis gave details of those women belonging to the urban middle class in the Colombo district .Majority of the behavioral and emotional changes were due to psychological causes than physiological causes. And it was clear that the busy life style, poor interpersonal relations, poverty, low income, lack of education were reasons for the postpartum mental disorders.

Key words: *Postpartum Disorder, Puerperium, Depression*

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