

## **Postpartum Depression and Its Correlates: A Cross-Sectional Study in Southeast Iran**

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Postpartum depression has a negative impact on both infants and women. This study aimed to determine the correlates of postpartum depression in women in southern Iran. Methods: This cross-sectional study was performed on 186 mothers, who have recently given birth to a baby in Niknafs maternity ward of Rafsanjan in southern Iran from October 1, 2019 to February 30, 2020. Patients were selected by convenience sampling method. Data were collected using the demographic form, Prenatal Care Quality Scale Persian (QPCQ -P), Edinburgh Postnatal Depression Scale, Depression, Anxiety and Stress Scale - 21 items 3 days after delivery and Edinburgh depression inventory and DASS-21 6 months after childbirth. Based on the EPDS scores, postpartum depression was 24.2% and 3.2% three days and six months after delivery, respectively. Anxiety, QPCQ and educational level predicted 34 % of the variance of EPDS 3 days after delivery ( $R^2 = 34 \%$ ). Anxiety, type of delivery and stress predicted 24 % of the variance of EPDS six months after delivery ( $R^2 = 24 \%$ ). According to the results, with an increase in stress and anxiety and reduction of the quality of prenatal care, the risk of postpartum depression increases. Therefore, the symptoms related to mood swings during pregnancy and after delivery should be carefully evaluated to prevent PPD. Psychological supports and interventions are recommended to promote the mental health of women before and after childbirth.

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