Abstracts

72. **CAUSES OF POSTPARTUM DEPRESSION AMONG SUDANESE WOMEN FROM 2019 TO 2021 IN TAHA BAASHER HOSPITAL**

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BACKGROUND: Postpartum depression (PPD) is a major and common mental health problem complicating maternal status after delivery, mainly associated with maternal suffering and altering the mental status for both herself and her offspring. It is a complex condition results mainly from a mix of physical, emotional, and behavioral changes happens to women after giving birth. The interactions between chemical, social, and psychological variables factors especially in newly mothers experience are probably responsible for initiation and ranges of postpartum depression. **METHODS**: This study will be conducted via Cohort – analytical study design based on retrospective database in the last 3 years from current day, will be conducted from Taha Baasher hospital medical records, a psychiatry department. The process started from October 2021. We used scientifically structured questionnaire as a tool to collect data from registered patient's data with approval from Alzaiem Alazhari University. **RESULTS**: Total of 79 cases have been studied in order to analyze the most prominent data they might have role in developing causes or risk factor of postpartum depression. The percentage of different parameters manly young age 62.5%, education of primary school 41.3%, with high percentage of positive family history of mental illness and previous history mental illness, 42.1% and 32.9% respectively. The majority of the cases have Moderate symptoms 53.8%, while 27.5% were Severe. The risk of patients was classified into homicidal 3.8% and suicidal were 7.7%. The final diagnosis of the cases was psychosis 76.5% and only 23.5% was depression. Treatment by drugs only was about 97.5%. **CONCLUSION**: Total of 79 cases have been studied in order to analyze the most prominent data they might have role in developing causes or risk factor of postpartum depression. The percentage of different parameters manly young age 62.5%, education of primary school 41.3%, with high percentage of positive family history of mental illness and previous history mental illness, 42.1% and 32.9% respectively. The majority of the cases have Moderate symptoms 53.8%, while 27.5% were Severe. The risk of patients was classified into homicidal 3.8% and suicidal were 7.7%. The final diagnosis of the cases was psychosis 76.5% and only 23.5% was depression. Treatment by drugs only was about 97.5%.

Key words: Postpartum Depression; Sudanese Women; Emotions; Mental Health; Postpartum Period (Source: MeSH-NLM).