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## Postnatal depression (PND) and poverty in low income countries: Mapping the evidence

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# Postnatal depression (PND) and poverty in low income countries (LICs): Mapping the evidence

Dr Ernestina Coast

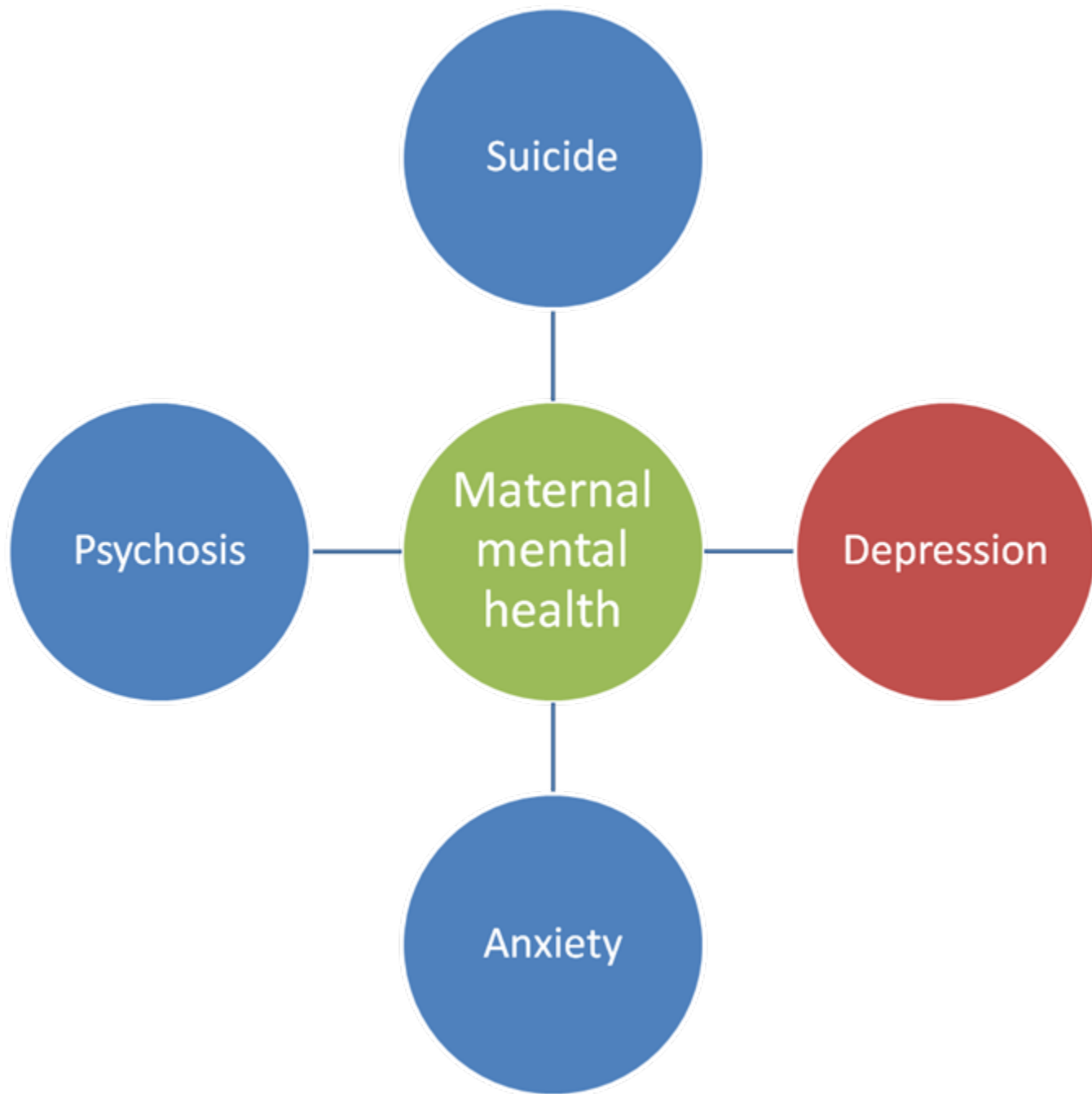
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# Research questions

- How does PND affect poverty?
- How does poverty affect PND?

# Rationale

- Mental health problems during pregnancy and after childbirth are common
- Distribution of research
  - 90% of HICs
  - 10% of LICs and MICs

# Rationale

- Prevalence
  - 10-15% in HICs
  - 10-41% in LMICs
- Mental health not explicit in MDGs, but
  - MDG4: Reducing child mortality
  - MDG5: Improving maternal health
  - MDG3: Promoting gender equality

CAUTION

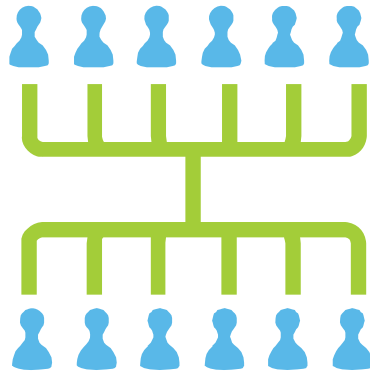
# Terminology

- Perinatal mental health
  - Pregnancy and up to one year after childbirth
  - Increased physical and emotional demands on women
- Postpartum depression / postnatal depression



# Why not a systematic review [SR]?

- Pragmatism



- Is there sufficient evidence for a SR?

# Search strategy

Postpartum, postnatal, pregnan\*, perinatal, childbirth, puerperal, parturition, parity, mother, maternal, post-partum, “post natal”, puerperium, or post-natal)

in combination with

depress\*, “mental health”, “mental illness”, “mental disorder”, “mood disorder”, “affective disorder”, “baby blues”, “psychiatric morbidity”, “psychiatric disorder”, “psychiatric illness”, “mental distress” or “psychological distress”



poverty, deprivation, socio-economic, socioeconomic, income, distress, “financial stress”, debt, consumption, expenditure, wealth, poor\*, hardship, penury, destitution, “economic burden”, social or pay\*

# Search strategy

- Countries defined by the World Bank as low or low middle income countries plus
  - “developing countries”,
  - “developing world”
  - “low income countries”
  - “third world ”
- Studies published in or after 1990

# Excluded studies

- Conducted in HICs including those on refugee populations from LMICs
- On psychosis and paternal postpartum depression.
- Editorials, letters, book reviews and articles without English abstracts.
- Mental health assessed among women during pregnancy only
- Among women outside 12 months postpartum period.

# Systematic mapping: method

