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Title: Assessment of Peripartum Psychological Disturbances in Relation to Modes of Delivery

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Source: MAKARA JOURNAL OF HEALTH RESEARCH Volume: 23 Issue: 1 Pages: 1-6 DOI: 10.7454/msk.v23i1.9773 Published: APR 2019

Times Cited in Web of Science Core Collection: 0

Total Times Cited: 0

Usage Count (Last 180 days): 1 Usage Count (Since 2013): 1 **Cited Reference Count: 29**

Abstract: Background: Anxiety disorders are common during peripartum period. This study aimed to identify which mode of delivery was more prone to nces. Methods: This prospective cohort study conducted among 541 pregnant women presented for spontaneous labour, induction or elective caesarean section in a Malaysian hospital. The severity of depression, anxiety and stress symptoms are assessed by using self-rated depression anxiety and stress scales in four different occasions; pre-labour/operation, 24 hours postnatal, 2 weeks, and at 6 weeks. Results: In the prenatal period, there was no statistically significant difference in the mean score of depression between women coming for labour (4.17 +/- 5.28) and elective CS (4.21 +/- 5.87). During puerperium; at 24 hours postnatal, 2 weeks and 6 weeks assessments there was no significant difference in depression score among patients with different modes of delivery. The overall scores were (4.23 +/- 5.46, 3.26 +/- 4.85, 0.78 +/- 2.37, 0.18 +/- 0.93) for patients going through vaginal delivery, instrumentation, emergency or elective CS. The same trend was found when anxiety and stress were analysed. Conclusions: The most prominent peripartum psychological disturbances symptom is anxiety. Minority of patients will experience persistence anxiety by the end of 6 weeks postpartum. The caesarean section and induction of labour does not increase the psychological impact.

Accession Number: WOS:000467042700001

Language: English Document Type: Article

Author Keywords: anxiety; caesarean section; depression; induction of labour; stress

KeyWords Plus: POSTNATAL DEPRESSION SCALE; RISK-FACTORS; CESAREAN-SECTION; ANXIETY; STRESS; PREVALENCE; PREGNANCY; MALAYSIA; MOTHERS;

HEALTH

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Publisher: UNIV INDONESIA

Publisher Address: DIRECTORATE RESEARCH & PUBLIC SERV, UI CAMPUS, KAMOUS UNIV INDONESIA, DEPOK, 16424, INDONESIA

Web of Science Categories: Medicine, Research & Experimental

Research Areas: Research & Experimental Medicine

IDS Number: HW9WZ ISSN: 2356-3664 eISSN: 2356-3656

29-char Source Abbrev.: MAKARA J HEALTH RES ISO Source Abbrev.: MAKARA J. HEALTH RES.

Source Item Page Count: 6

Funding:

Funding Agency	Grant Number
International Islamic University Malaysia (IIUM Research Initiative Grant scheme)	RIGS 15-080-0080

International Islamic University Malaysia (IIUM Research Initiative Grant scheme, RIGS 15-080-0080).

Open Access: DOAJ Gold Output Date: 2019-07-31

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