

Global Journal of Health Science; Vol. 8, No. 4; 2016
ISSN 1916-9736 E-ISSN 1916-9744
Published by Canadian Center of Science and Education

The Association Between Postpartum Depression and Pica During Pregnancy

Neda Ezzeddin¹, Roza.Zavoshy¹, Mostafa Noroozi², Mohammad Ebrahim Sarichloo³ & Hassan Jahanihashemi²

¹ Department of Nutrition, Faculty of Health, Qazvin University of Medical Sciences, Qazvin, Iran

² Children Growth Research Center, Qazvin University of Medical Sciences, Qazvin, Iran

³ University of Social Welfare and Rehabilitation, Tehran, Iran

Correspondence: Dr. Mostafa Notroozi, Children Growth Research Center, Qazvin University of Medical Sciences, Qazvin, Iran. Tel: 98-28-33-336-001 ext.3753. Fax: 98-28-33-673-229. E-mail: mnoroozi@ymail.com, mnoroozi@qums.ac.ir

Received: June 5, 2015 Accepted: June 19, 2015 Online Published: July 30, 2015

doi:10.5539/gjhs.v8n4p120

URL: <http://dx.doi.org/10.5539/gjhs.v8n4p120>

Abstract

Introduction and Objectives: Postpartum depression (PPD) is a common disorder and social debilitating that has adverse effects on the mother, child and family. Pica is an eating disorder characterized by persistent ingestion of substances that the consumer does not define as food. The aim of this study was to investigate the association of postpartum depression with pica during pregnancy.

Method: This is case-control study was carried out in health centers in west Tehran. 152 depressed women (case group) and 148 non-depressed women (control group) were selected randomly from these health care centers. In addition to collecting demographic and pica data, the Edinburgh Depression Scale was used. The data was analyzed by both descriptive and analytic analyses such as chi-squared and logistic regression in SPSS version 16.

Result: In this study, there wasn't a significant association between PPD and pica during pregnancy ($P=0.153$, $OR=2.043$, $CI=0.767, 5.438$), but, postpartum depression has a significant association with type (clay) ($P= 0.024$) and duration (more than 2 months) ($P= 0.023$) of pica practice.

Conclusions: In the present study, pregnancy pica was not important risk factor for PPD but there were similar risk factors such as iron supplementation during and postpartum pregnancy with pica and PPD.

Keywords: Postpartum depression, pica, pregnancy

1. Introduction