

## **SPECIFIC SOCIAL FACTORS THAT CONTRIBUTE IN THE EMERGENCE OF POST-PARTUM DEPRESSION**

**Romina Dedi**

University of Shkodra “Luigj Gurakuqi”, Albania, Email: rominadedi@gmail.com

### **Abstract**

Post-partum depression is a type of clinical depression which can affect women after childbirth. The aim of this study was to examine if some specific social factors may affect the emergence of post-partum depression, but with one condition. This condition is that, some psychological factors must be approximately the same in all the member of the sample. These specific social factors that have been analyzed are social and familiar perceived support, the economical status, the employment status of woman and rural/urban residence. Women in the sample have had approximately the same pregnancy experience concerning to health complications and symptoms of depression and anxiety. They have all had planned pregnancy and that was their first pregnancy. Then, it has been realized a quasi-experiment at the obstetric-gynecological hospital of Shkodra with duration of about 5 months to find out if there is a correlation between social factors during pregnancy and symptoms of post-partum depression. In the sample there were 60 women (aged from 17 to 34) who have given birth in the period 05.01.2015 - 05.05.2015. Instruments that are used are Multidimensional Scale of Perceived Social Support and Edinburgh Postnatal Depression Scale. It has been found that women who had low social and familiar support, low income, and who are employed are more likely to have post-partum-depression, compared to them with medium or high social and familiar support, normal or high income and who are unemployed. There has been found no significant difference between woman who live in urban and rural residence. Respectively 21 of 30 women with low social/familiar support, low income and employed status, have had symptoms of post-partum depression compared with 8 of 30 women in the comparison group. It has been found a significant negative correlation between post-partum depression and social and familiar support of woman (-0.391). There was also a significant negative correlation between post-partum depression and economic status (-0.723).

**Keywords:** *post-partum depression, social risky factors, Edinburgh Postnatal Depression Scale, Beck's, pregnancy*