Title: Comparison of the depression in wanted and unwanted pregnancies and its roll in the mental health and progress of health family

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Abstract: Introduction: unwanted pregnancies result in women exposure more psychic tense factors and finding less family supports, so that these women experience high level of anxiety and depression. Depressed Mothers suffer a great deal of psychic and physical disorders during their pregnancy. In order to raise healthiness Level in women, recognizing the factor resulting in disordering women psychic health and hygiene specially during pregnancy is very important.

Methodology: this research is a descriptive and analytic study and the research society was composed of the whole pregnant mothers referring to Gonabad healthcare centers among which 78 subjects were chosen by simple sampling and were being studied in two groups of wanted and unwanted pregnancies. The information on individual characteristics was obtained using questionnaire and the applied depression test was Beck.

Findings: The results showed that the average of depression in unwanted pregnancies is more than wanted pregnancies and Two groups had a meaningful statistical difference in this regard (p=0.001). The average of depression in woman who never thought of pregnancy was also more than women who didn't intend to become pregnant at present (p=0.0001).

Conclusions: the results of this research showed that the depression level is higher in unwanted pregnancies, therefore it is suggested that in order to raise the psychic healthiness level in pregnant women, some artifices might be employed to control the unwanted pregnancies.

Key words: depression, mental health, unwanted pregnancy

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