Title: Postpartum depression among Iranian women: The role of perceived social support
Authors: Farzad Jalilian(1), Shohreh Emdadi(2), Mehdi Mirzaei Alavijeh(3)

Abstract: Background: depression in the postpartum period is a well known clinical phenomenon, but women at risk are rarely recognized during pregnancy or at the delivery ward. Depression in the postpartum period is a public health problem and has a long term effect on mental health since it may increase the risk of continuing or recurrent depression. Postpartum depression has also been associated with adverse effects on infant development. The aim of this study to describe the relationship between social support and postpartum depression in a sample of Iranian women.
Method: This study is a cross-sectional study that was conducted on 226 women during one month postpartum refers to health center in Saqez, Iran. Participants responded to the Edinburgh postnatal depression scale and social support questionnaire. Demographic variables such as age, education level, status of dwelling and type of pregnancy were also recorded. Data were analyzed by SPSS-13.
Results: Results indicated that postpartum depression were 19.47 percent of women, corresponding to a score of 13 or higher on the Edinburgh postnatal depression scale. Postpartum depression was a significant relationship with unwanted pregnancy, first pregnancy, younger age and lower social support (p < 0.05).
Conclusion: Postpartum depressions are common among Iranian women. Our findings provide important information about the role of social support related to postpartum depression. According to the results prevention of unwanted pregnancies can be useful in reduction postpartum depression. It also shows the importance of education especially for women whose first delivery.
Key Words: Postpartum depression, social support, Iranian women

Key Words: Postpartum depression, social support, Iranian women

Presentation: Poster