PREVALENCE AND ASSOCIATED FACTORS OF MENTAL DISTRESS DURING PREGNANCY AMONG ANTENATAL CARE ATTENDEES AT SAINT PAUL’S HOSPITAL, ADDIS ABABA

D. Mamo¹, A. Worku²
¹. Saint Paul’s Hospital Millennium Medical College, Addis Ababa, Ethiopia
². Addis Ababa University, School of Public Health, Ethiopia

Background: Mental distress (MD) during pregnancy is significant because it has adverse impact on the outcome of pregnancy and may be associated with postpartum depression. The studies done on MD during pregnancy in Ethiopia are very few and are done mainly in postpartum settings.

Objective: The objective of the study was to determine the prevalence and factors associated with MD during pregnancy among ANC attendees at Saint Paul’s Hospital (SPH)

Methods: A facility based cross sectional study was conducted between December 2012 and March 2013 at the Saint Paul’s Hospital ANC clinic. An exit interview of randomly selected pregnant women in their third trimester attending ANC at SPH was done using a structured questionnaire to determine their socio-demographic and obstetric characteristics. A validated Self-reported Questionnaire (SRQ-20) was used to measure MD.

Results: A total of 753 pregnant women were included in the study. The prevalence MD (SRQ-20 score > 6) was found to be 26.2 %( 95%CI 23.04 -29.36). Women with obstetric problems in their current pregnancy had a significantly higher MD [AOR=1.941(1.146-3.287)]. Women with unplanned pregnancy had a significantly higher MD [AOR=3.595(2.330-5.546)]. Psychiatric illness in the past was also found to have a strong association with the presence of significant MD (AOR (95%CI) =4.482(1.614-12.449).

Conclusion: This study revealed that one in four pregnant women have MD. Health care providers responsible for ANC must be trained about the relevance and detection of MD during pregnancy. Proper counseling and emotional support should be given for women exhibiting the risk factors.