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Pregnant Women With Probable Depressive Disorder And Its Association With Sociodemographic Factors During Prenatal Consultation In The Colombian Caribbean



GRUPO DE INVESTIGACIÓN
"SALUD DE LA MUJER"

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Disclosures:
None to declare

Depressive disorders are characterized by the presence of a sad mood, a feeling of emptiness, irritability, and somatic or cognitive changes

Depression is the main cause of disability in women and morbidity in pregnancy, affecting between 19% and 32.8% of pregnant mothers in Colombia

Symptoms may go unnoticed during pregnancy and subsequent perinatal complications have been associated



Justification:

The difficult initial recognition of these symptoms and, given the difficulty of their early detection, it is necessary to investigate their frequency and associated factors in our population to achieve the prevention of a possible depressive disorder

OBJECTIVE

Estimate the frequency of probable depressive disorder (PDD) and identify associated factors in healthy pregnant women with outpatient prenatal consultation



METHODOLOGY

Cross-sectional study of the research project Biopsychosocial health in low-risk pregnant women in prenatal consultation

Anonymous and voluntary participation

Informed consent

Project approved by the Ethics Committee of the Santa Cruz de Bocagrande Clinic. Minutes 04-2018 of February 5. 2018

Colombian women between 14 and 43 years old.

Residents of the city of Cartagena

A questionnaire was designed that included sociodemographic variables, anthropometric measurements, clinical and obstetric evaluations



METHODOLOGY

CES-D10 SCALE	ANY DAY	1 TO 3 DAYS	FROM 4 TO 6 DAYS	EVERY DAY
Things bothered me that usually don't bother me.	0	1	2	3
I had a hard time keeping my mind on what I was doing.	0	1	2	3
I was feeling depressed.	0	1	2	3
He felt that everything he did was an effort.	0	1	2	3
I was optimistic about the future.	0	1	2	3
I felt scared.	0	1	2	3
My dream was restless.	0	1	2	3
I was happy.	0	1	2	3
I felt alone.	0	1	2	3
I didn't feel like doing anything.	0	1	2	3

Probable Depressive Disorder: ≥ 10 points

METHODOLOGY



Jenkins

- Possible Sleep Disorder

Perceived Stress

- Perception of Psychological Stress

Epworth

- Daytime Sleepiness

- Statistical analysis: Epi-info- 7

- Unadjusted logistic regression: probable depressive disorder (dependent V.). sociodemographic characteristics (independent V.)

- Calculated Spearman's Correlation coefficient

- $P < 0.05$: statistically significantly

RESULTS

Sociodemographic characteristics (n=683)					
		ALL 683 (100%)	With Probable Depressive Disorder 142 (20.7%)	Without Probable Depressive Disorder 541 (79.3%)	P
	Age	28.3 ± 6.3	28.6 ± 5.9	28.2 ± 6.4	0.57
	Gestational Age	31.5 ± 6.9	32.3 ± 6.5	31.3 ± 7	0.14
	Years of study	12.5 ± 2.7	12.4 ± 2.5	12.5 ± 2.7	0.75
Religion	Non-practicing believer	273 (39.97) [36.36-43.69]	69 (48.59) [40.13-57.12]	204 (37.71) [33.72-41.87]	0.01
	Practicing	410 (60.0) [56.31-63.64]	73 (51.41) [42.88-59.87]	337 (62.29) [58.13-66.28]	0.01
	With financial problems	153 (22.4) [19.43-25.68]	49 (34.51) [26.74-42.94]	104 (19.22) [16.12-22.76]	<0.0001
	With relationship problems	56 (8.20) [6.37-10.50]	28 (19.72) [13.52-27.22]	28 (5.18) [3.6-7.38]	<0.0001
Opinions	Anxiety or nervousness	142 (20.79) [17.91-23.99]	58 (40.85) [32.68-49.40]	84 (15.53) [12.72-18.82]	<0.0001
	Stress or tension	227 (33.24) [29.81-36.85]	90 (63.38) [54.89-71.30]	137 (25.32) [21.84-29.15]	<0.0001
	Use of herbal teas to sleep	30 (4.39) [3.09-6.20]	13 (9.15) [4.97-15.15]	17 (3.14) [1.97-4.97]	0.001
	Daytime sleepiness	92 (13.47) [11.11-16.24]	38 (26.76) [19.68-34.83]	54 (9.98) [7.73-12.80]	<0.0001
Abortions	None	524 (76.72) [73.41-79.74]	99 (69.72) [61.45-77.14]	425 (78.56) [74.90-81.81]	0.02
	One or more	159 (23.28) [20.26-26.59]	43 (30.28) [22.86-38.55]	116 (21.44) [18.19-25.10]	0.02

RESULTS

Factors associated with probable depressive disorders - Unadjusted logistic regression				
		OR	n (%) [IC95 %]	P
Age	< 30-year-old	1		
	> 30-year-old	0.98	[0.67-1.42]	0.91
Religion	Non-practicing believer	1		
	Practicing	0.64	[0.44-0.92]	0.01
With financial problems	NO	1		
	YES	2.21	[1.47-3.32]	<0.001
With relationship problems	NO	1		
	YES	4.50	[2.56-7.89]	<0.001
Abortions	NO	1		
	YES	1.59	[1.05-2.40]	0.02
Daytime sleepiness (EPWORTH SCALE)	NO	1		
	YES	3.29	[2.06-5.25]	<0.001
Stress (EEP-10 SCALE)	NO	1		
	YES	3.58	[2.36-5.42]	<0.001
Sleep disorder (JENKINS SCALE)	NO	1		
	YES	8.83	[5.2-14.9]	<0.001



RESULTS

SPEARMAN CORRELATION COEFFICIENT BETWEEN CESD10 AND QUANTITATIVE VARIABLES

	RHO	P
Age	0.002	0.94
Gestational age	0.077	<0.001
Height	-0.028	0.36
Weight before pregnancy	-0.005	0.75
Pregnancy weight	0.004	0.79
Increased weight	0.114	<0.05
Years of study	-0.003	0.97
Trimester of pregnancy	0.934	<0.01
Vaginal deliveries	0.243	0.35
Total deliveries	0.181	0.41
Abortions	0.261	0.36
Caesarean sections	0.024	0.93



CONCLUSIONS

In a group of prenatal care outpatient pregnant women, two out of ten had probable depressive disorder

Several psychobiological and sociodemographic factors were significantly associated with probable depressive disorder

Being a practicing believer in a religion was associated with a 36% reduction in the possibility of presenting probable depressive disorder

Professionals who care for pregnant women are suggested to explore the psychological and / or emotional symptoms, requesting appropriate specialized evaluations



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