Assessment of Common Perinatal Mental Disorders in a Selected District Hospital of the Eastern Province in Rwanda

Marie Providence Umuziga[1], Oluyinka Adejumo[2], Michael Hynie[3]

[1]University of Rwanda, College of Medicine and Health Sciences, Rwanda
[2]University of the Western Cape, Community and Health Sciences, Rwanda
[3]Department of Psychology, York University, Canada

Background

Common perinatal mental disorders (CPMDs) in women (depression & anxiety) are recognized as a significant public health concern. In African countries, CPMDs are most prevalent. However, there is limited evidence in literature about CPMDs in Rwanda.

Purpose

To determine CPMDs in a selected district hospital of the Eastern Province of /Rwanda.

Methods

Descriptive quantitative cross-sectional survey was conducted with a sample of 165 mothers in perinatal period selected systematically. Ethical approval was obtained from University of the Western Cape of South Africa and the former Kigali Health Institute of Rwanda. The Zungu Self-rating Anxiety Scale (SAS) and Edinburgh Postnatal Depression Scale (EPDS) were used to collect data. SPSS version 21 was used for analysis.

Results

Most of the respondents (38.2%) were aged 25-29 years; married (44.8%); and unemployed (77%). Thirty-seven percent of the respondents had perinatal anxiety (PNA) while 50.3% had perinatal depression (PND). Statistically significant relationships were found between PNA ($\geq$45scores) and factors such as relationship with husband/partner ($c^2_{(2)=}$12.045, p=.002), husband/partner's behaviour ($c^2_{(8)=}$ 16.401, p= .037), number of children ($c^2_{(8)=}$16.017, p=.042), planned pregnancy ($c^2_{(2)=}$8.244, p=.016), stressful events ($c^2_{(14)=}$55.035, p=.000). Relationship with husband/partner was the only predictor of PNA (Odd ratio= 0.437). With regard to PND ($\geq$10 scores), statistically significant relationships were found between factors such as marital status ($c^2_{(3)=}$ 17.559, p= .001), level of education ($c^2_{(3)=}$16.857, p= .001), husband/partner relationship ($c^2_{(1)=}$ 38.207, p= .000), husbands' behaviour ($c^2_{(4)=}$43.242, p= .000), number of children ($c^2_{(4)=}$ 18.554, p= .001), planned pregnancy ($c^2_{(1)=}$ 17.773, p=.000), personal stressful events ($c^2_{(7)=}$ 30.232, p=.000). Age was the strongest determinants of PND (Odd ratio: 131.973).

Conclusion

CPMDs are prevalent. Poor relationship with husband and young age were found to be the strongest determinants of CPMDs.

Key words: ante-postnatal depression, ante-postnatal anxiety, Rwanda