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## BACKGROUNDS

- The prevalence of perinatal depression is significantly higher than the general population, which will cause serious harm to women, the growth of children, families and even society.
- But the risk of depression in women at different stages from the start of pregnancy to the one year after delivery is unclear.

## OBJECTIVES

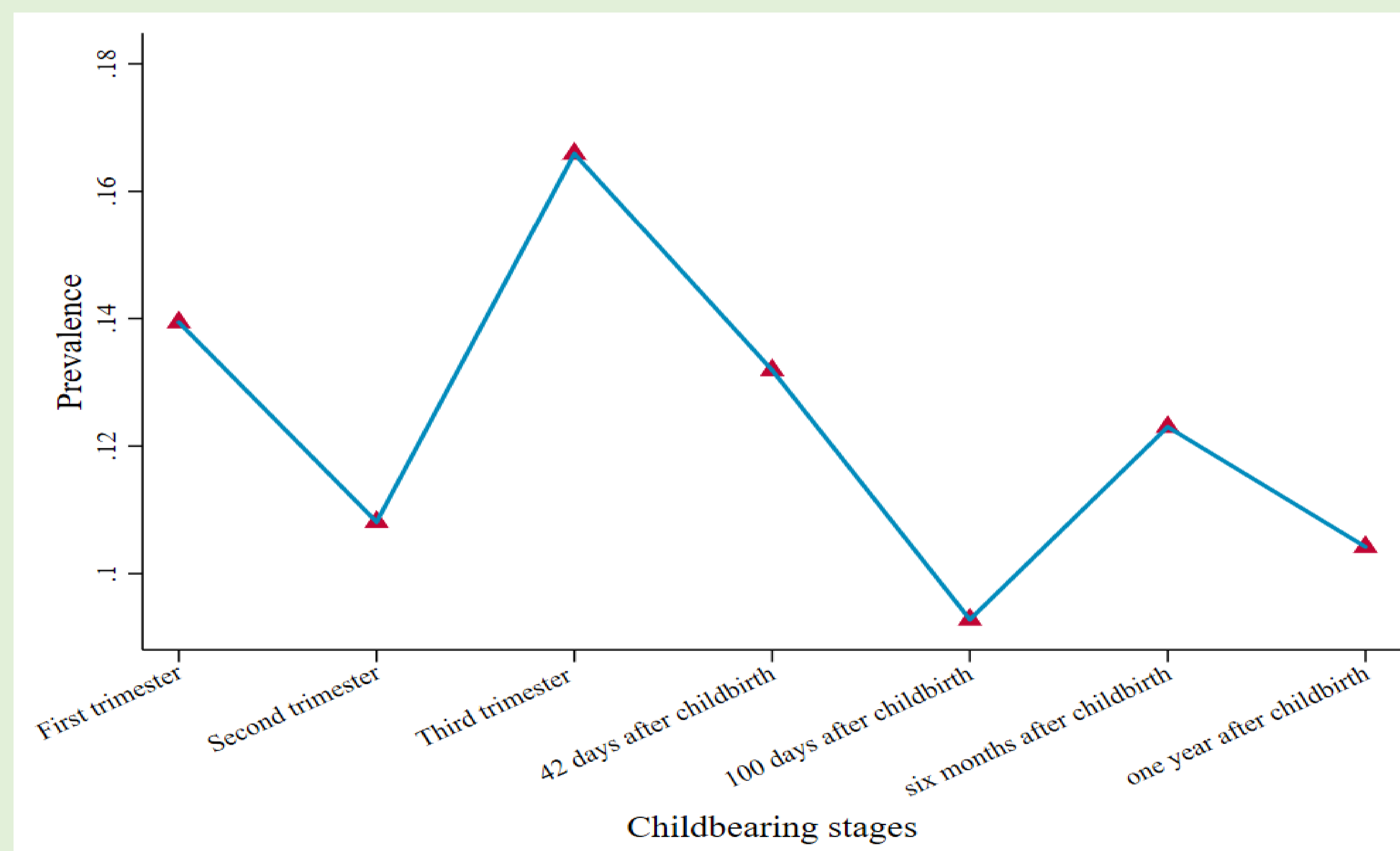
- To estimate the prevalence of depression from pregnancy to one year after childbirth among rural women in China, and to provide evidence for perinatal depression prevention and control.

## METHODS

- A population-based screening programme for perinatal depression was conducted in a rural county of Yunnan Province in May, 2022 using the Edinburgh Postpartum Depression Scale (EPDS). The cutoff point suggesting depression was EPDS $\geq$ 9.
- The logistic regression model was used to explore the Influencing factors for perinatal depression among women.

## RESULTS

- A total of 1191 women, who were between 14 and 45 years old, received perinatal depression screening. The prevalence of perinatal depression was 13.69% (95%CI: 11.74%-15.64%), with antenatal depression 15.03% (95%CI: 13.00%-17.06%) and postnatal depression 11.55% (95%CI: 9.73%-13.37%).
- During the pregnancy period, the highest prevalence of depression occurred in the third trimester (16.59%) followed by the first trimester (13.94%) and the second trimester (10.81%). For the postpartum period, the highest prevalence of depression happened during 42 days after childbirth (13.19%). There were 9.28%, 12.30% and 10.42% of women who were detected with depression during 43-100 days, 101-180 days (six months), and 181-365 days (one year) after childbirth respectively (Figure 1).
- Anxiety, young age (<20 years), sleeping problem, adverse events experience within one year, financial concerns of having children, history of negative emotions, and baby gender expectation were major risk factors while higher level of social support and old age ( $\geq$ 35 years) were protective factors (Table 1).



**Figure 1** Prevalence of depression during different childbearing stages

**Table 1** Influencing factors of perinatal depression

Factors	OR (95%CI)
Anxiety	16.81 (11.37, 24.85)
young age (<20 years)	2.13 (1.30, 3.49)
sleeping problem	3.70 (2.43, 5.63)
adverse events experience within one year	20.58 (2.13, 199.15)
financial concerns of having children	2.48 (1.45, 4.26)
history of negative emotions	2.63 (1.43, 4.84)
baby gender expectation	2.00 (1.07, 3.74)
higher level of social support	0.22 (0.15, 0.32)
old age ( $\geq$ 35 years)	0.41 (0.17, 0.95)

## CONCLUSIONS

- The prevalence of perinatal depression among rural women was high and similar to those among urban women in China. Urgent attention is needed to address this public health priority.
- Perinatal depression screening with the EPDS from pregnancy to one year after childbirth could facilitate improving the wellbeing of mother and infant.