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## A descriptive exploratory study of Postpartum women and family's demand of knowledge of Postpartum depression

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**Background:** Postpartum depression (PPD) is one of important concerns in the stage of postpartum. PPD can influence the postpartum woman, their children and their family members' health. Sometimes causes the postpartum woman to hurt herself perhaps the child. However, the postpartum woman and their family member do not know the whole picture of PPD, also do not know how and where to seek help.

The purpose of this study is to investigate the postpartum women and their family the needs of the knowledge about postpartum depression. Expecting by understand family's cognizance toward postpartum depression to help women and their families to face the problem that may occur. Apart from the understanding of postpartum women and their family's demands of the knowledge of postpartum depression, the result of this study will offer an anterior partum program about postpartum depression to help women and their families to realize postpartum depression in the early stage and seek help.

**Study Design:** Descriptive exploratory study was applied. Questionnaire combined with opened question was used.

**Effect:** Understand postpartum woman and the family member's knowledge of PPD. Therefore we can establish an effective and individualizing health education program.

**Key words:** Postpartum depression Needs Assessment prenatal education

### Biography

Lin, Li-Chiu has completed her PhD at university of Wollongong Australia. She is majoring in program design for overseas qualified nurses. Recently, she is concentrating efforts on health education program design for Postpartum women and families.

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