

# 6<sup>th</sup> World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

## A qualitative study of exploring the understanding of postpartum depression in postpartum women

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Postpartum depression, a common complication of childbearing in many countries, affects more than 10% postpartum women. As a public health issue imposes a great burden on families, society and postpartum women. Many scholars contribute the efforts in the diagnosis, mechanism and management of problem, also the stress it may cause. Different from prior concerns, this study tried to listen to postpartum women to see how much they know about postpartum depression, in order to develop knowledge and prevent the strategies related to postpartum depression. Purposive sampling with open-end questions was applied in this study. Qualitative analysis was applied to achieve the target of this study. The results of this study indicated that postpartum women believed that postpartum depression is a negative emotion, emotional instability and loss of pressure and also generates depression. Moreover, in postpartum women's point of view, postpartum depression leads to poor children health status and less family support. The results of this study not only provides several useful recommendations for health workers regarding education to pregnant women, but also contribute to the literacy of postpartum depression among postpartum women.

### Biography

Shan-ju Shen has completed her Master's degree at Taipei Medical University in Taiwan. She is majoring in community nursing, especially in women health.

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