

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

August 15-17, 2016 London, UK

## Exploration study of the beliefs of postpartum depression in postpartum women's relatives

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Emotional instability is quite common in the group of postpartum women; it sometimes can be a sign of postpartum depression. This illness is not only a disaster event happened on individual postpartum women and it also bring significant negative effect within the relatives even in the family. However, their relatives usually receive less care in this period of time although they are the key persons taking care of pregnant women after delivery. The aims of this study were to explore: what are the beliefs of postpartum women's families in relation to the causes of postpartum depression and; mental health literacy regarding postpartum depression among relatives of postpartum women in order to develop knowledge and prevent the strategies related to postpartum depression. Snowball sampling with open ended interview combines with qualitative analysis to achieve the target of this study. The results of this study indicated that families believed that postpartum depression related to mental health issues, family conditions, including the understanding of postpartum depression, family and social support and the relationship with families, were also believed as risks of postpartum depression. The results of this study are not only providing several useful recommendations for health workers regarding the education to pregnant women and their family, but also contribute the literacy of postpartum depression among postpartum women and their relatives.

### Biography

Chia Hsing Wu has completed her Master's degree at Royal Melbourne Institute Technology University in Australia. She is majoring in Women Health. She is currently centertrating in the area of the care of postpartum depression.

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