



## Assessment of Anxiety and Depression Among Pregnant Women attending Antenatal Outpatient Department in Dhulikhel Hospital

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Anxiety and depression during pregnancy are major health problems among reproductive aged women that can have deleterious effects on mother, fetus and family members. However, anxiety, depression and the associated factors are under researched in the pregnancy, especially in low income countries.

**Objective:** To assess the prevalence of anxiety and depression among pregnant women and the associated factors.

**Methods:** A descriptive cross sectional study was conducted in antenatal outpatient department in Dhulikhel Hospital. Data was collected from 100 respondents using systematic random sampling method. Hospital Anxiety and Depression Scale (HADS) was used to detect anxiety and depression among pregnant women. Descriptive statistics and logistic regression (bivariate and multivariate) were used in the statistical analysis.

**Result:** Prevalence of anxiety was 39.87% and depression was 23.67% among pregnant women. In the final multivariate analysis, husband's occupation and worry about sex of baby were significantly associated with anxiety. Family history of depression, health decision maker and social support were significantly associated with depression.

**Conclusion:** There is high prevalence of anxiety and depression among pregnant women. Mental health screening and understanding its associated factors with its occurrence allows for elaborating preventive measures during antenatal care.

**Keywords:** Anxiety, Depression, Nepal, Pregnancy, Risk Factors



### Biography:

Miss Alina Tamrakar has completed her M.Sc in Midwifery in 2019. She has been currently working as a Lecturer in Midwifery in Kathmandu University School of Medical Sciences, Dhulikhel Hospital. She is also integrating Gynaecology and obstetric ward management as a ward manager since 2019. She is also trainer of simulation based education on midwifery.

### Publications:

1. ChemInform Abstract: Synthesis and NMR Study of Epimeric Pairs of 2,3-Dihydro- and 2,3,6,7-Tetrahydro-tabersonine and Their Derivatives.
2. Partial synthesis of new indole alkaloid derivatives with biological activity starting from plant material.

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