

Pregnant Women Attending Tertiary Hospitals in Urban Centres in Nigeria: Depression, Anxiety and Stress Determinants

Ogba Tian*

Department of Public Health Sciences, College of Medical Sciences, Rivers State University, Port Harcourt, Nigeria

Abstract

Pregnancy is typically regarded as a happy experience, but it also intensifies a woman's emotional and psychological state. Worldwide, some women experience mental illnesses, particularly in developing countries. There is proof that sadness, anxiety, and stress during pregnancy are very common in Nigeria. In order to determine the extent and contributing variables of depression, anxiety, and stress among pregnant women in Port Harcourt, Nigeria Between September and November 2022, two tertiary hospitals in Port Harcourt city undertook a facility-based cross-sectional survey utilising the Depression Anxiety and Stress was used to conduct univariate, bivariate, and multivariate analyses. The statistical significance was determined at $p < 0.05$ and the proportional odds model was applied.

Keywords: Hysterectomy • Emotional wellbeing • Psychosensory • Cognitive behaviour

Introduction

Bivariate, and multivariate analyses were carried out. The statistical significance was determined and the proportional odds model was applied. The study included respondents, of whom 9.5%, 26.6%, and 17.3% reported having at least moderate depression, anxiety, or stress, respectively. Significant relationships existed between depression and marital status, educational attainment, and employment status. Age, marital status, educational attainment, religion, income, trimester, and prior miscarriages were all strongly related to stress, whereas trimester, marital status, and religion were all significantly connected to anxiety. Anxiety, stress, and depression, as well as risk factors linked to these diseases, were all evident in this study. Our research has implications for antenatal care programmes that increase mental health protections. Most women view the beginning of a pregnancy as a joyful moment The initial happiness, however, cannot protect a woman from certain psychological problems; on the contrary, it may increase her susceptibility to a wide range of connected diseases Although it may increase a woman's susceptibility to emotional and psychological conditions like stress, anxiety, and depression, pregnancy is not regarded as a pathological state From the perinatal to postpartum stages, pregnancy may be the starting point for a series of emotional, psychological, and even catastrophic events pregnant women experience a mental illness, particularly depression, with percentages above average in impoverished nations . There has been a rise in during the past few years.

Literature Review

There is more proof that many pregnant women experience psychological illnesses. The impact of perinatal mental health on women, families, partners,

***Address for Correspondence:** Ogba Tian, Department of Public Health Sciences, College of Medical Sciences, Rivers State University, Port Harcourt, Nigeria, E-mail: ogbatian85@gmail.com

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and new-borns' cognitive development is enormous, and it poses a serious public health concern. Trench disorders require exposure to a traumatic or stressful incident and the identification of such during diagnosis. Reactive attachment disorder, disinhibited social engagement disorder, post-traumatic stress disorder, acute stress disorder, and adjustment disorders are a few examples of stress disorders. Due to the definitions of the terminologies employed, distinctions between stress and anxiety have to be made. We examined anxiety from the perspectives of situational anxiety, skeletal muscle effects, autonomic arousal, and anxious affect. When compared to reactivity and irritability, stress was seen as difficulties relaxing, anxious alertness, and excessive irritation.

A study conducted in Nigeria revealed greater levels of anxiety and depression during pregnancy While a related study from low- and middle-income countries also revealed a mean weighted prevalence of common mental illnesses during pregnancy of it also found prenatal depression prevalence varying from to According to studies, the prevalence of depression during pregnancy ranges from It is well-known that women are more likely than men to experience depression Low birth weight, premature birth, baby undernutrition, perinatal problems, and maternal mortality are all risks associated with depression during pregnancy. An extensive meta-analysis on the frequency of prenatal.

Discussion

Pathophysiology caused by menopausal symptoms can increase the risk of disease in the future. According to the Study of Women's Health across the Nation, hot flashes are associated with an increased risk of insulin resistance and glucose levels. According to the researchers, severe heat flashes were "robustly" associated with increased intima media-thickness, a key indicator of subclinical cardiovascular disease. In the Women's Health Initiative Study, more frequent and severe symptoms were linked to an increased risk of hypertension, cardiovascular disease, and stroke of the women received estrogenmedication after the onset of surgical menopause symptoms. Those who started treatment within five years of surgery and continued for more than ten years had the lowest risk of Alzheimer's disease.

Cognitive-behavioural therapy is a comprehensive, sophisticated, and emerging treatment approach that has been developed for and is used to treat a wide range of mental health and physical issues and diseases. Since its inception, has evolved into one of the most well-known forms of psychotherapy, and it is widely distributed and used all over the world. CBT has been recognised as an evidence-based treatment for a wide range of problems by the American Psychiatric Association, the Australian Psychological Association, the British

National Institute for Clinical Excellence, and many others around the world. Aims to control an individual's thoughts, feelings, and behaviours, which is critical in women undergoing surgical menopause hypothesised that these subgroups of pregnant women would be more susceptible to depression and anxiety, whereas we wanted to see whether pregnancy itself was associated with mental health sequelae. An institutional-based cross-sectional study was conducted among [1-5].

Conclusion

This study demonstrated moderately to extremely high levels of stress, anxiety, and depression as well as the important risk factors for these disorders. We discovered that depression among pregnant women was highly correlated with age, marital status, educational attainment, and employment levels. Anxiety was strongly correlated with trimester, marital status, and religion. Stress was correlated with age, marital status, educational attainment, religion, income, gestational age, and a history of prior abortions. Our findings have implications for improving mental health policy and the requirement for mental health services to be offered as a component of antenatal care to screen, identify, and treat mental health issues during pregnancy.

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Conflict of Interest

There are no conflicts of interest by author.

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