

P02-297

PSYCHOLOGICAL MEANINGS OF LIFE EXPERIENCES DURING POSTPARTUM DEPRESSION AS REPORTED BY OUTPATIENTS SEEN AT A UNIVERSITY HOSPITAL IN THE SOUTHEAST BRAZIL: A CLINICAL-QUALITATIVE STUDY

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Background: The object of this study have covered the psychological and sociocultural experience in context of depression occurred in postpartum period. The research assumes that pregnant women have the expectation that the motherhood is one of the most important moments of their lives and thus need to feel happy in face of childbirth, while women who had postpartum depression can experience feelings of anxiety and guilt. In addition, there could be limitations on the child care and support or false sense of support felt by these women in relation to her partners, relatives, doctors, nurses and others.

Purpose: The aim was to discuss what the perceptions and points of view brought by the women about this health problem represent or represented, emotionally and socio-culturally.

Method: We used the clinical-qualitative method, employing the technique of semi-directed interview with open-ended questions and we close the sample using the theoretical saturation of information, were sought on issues that could support better ways of managing such patients by health professionals. The researchers paid attention to the emic perspective, that is, the insider's point of view or the reasons for certain interviewees' customs/beliefs.

Results: In processing the data through both qualitative content analysis and free-floating readings, it emerged the following discussion categories:

- (1) the escape the feeling of guilt brought by the difficulty of caring for the child;
- (2) how to deal with family support upon arrival in the home;
- (3) to learn to manage the strong sadness;
- (4) the need for baby care.