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## **Post Natal Depression in Iran**

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### Post Natal Depression in Iran

10-15 in every 100 women became depressed after having a baby. A literature review was conducted between December 2012-July 2013. PubMed and ISI web of knowledge searches were used to access academic literatures. Grey literature access through the Google search.

Finding;

Most studies on PND in Iran focus on prevalence and risk factors.

Edinburgh questionnaire (Farsi version) was a reliable and valid tool to measure PND.

Higher rate of PND in Iran (20 to 40.4 %)

Risk factors: unemployment, low education, younger mother, unplanned pregnancy, undesired gender of the baby, history of depression, primiparity, history of stillbirth and abortion, having 3 or more children, being housewife

Mothers' anxiety during pregnancy increased the risk of PND.

Conclusion;

Prevention, screening and effective management are possible. There is a need for increased screening and clinician awareness.