

**MAKERERE**



**UNIVERSITY**

**PREVALENCE AND ASSOCIATED FACTORS OF POSTPARTUM DEPRESSION  
AMONG HIV INFECTED MOTHERS IN MULAGO HOSPITAL**

**BY**

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## **ABSTRACT**

### **Introduction**

According to the World Health Organization (WHO), globally, the prevalence of postpartum depression in the general population of women is estimated at 13%. However, the estimated prevalence for developing countries was 19.8%. In the life of mothers living with HIV infection, coexistence of postpartum depression impacts negatively on adherence to antiretroviral treatment. Non adherence to ART may lead to early progression of the infection and elimination of mother to child transmission will be hindered. To date, limited literature on prevalence and factors associated with postpartum depression among HIV infected mothers has been identified in Uganda.

### **Objective**

The general objective of the study was to determine the prevalence and factors associated with postpartum depression among HIV infected mothers in Mulago Hospital.

### **Methods**

This study employed a quantitative cross-sectional design. A sample of 290 HIV infected postpartum mothers (four weeks to one year) was recruited into the study using consecutive sampling procedure at Mulago Hospital. The Patient Health Questionnaire (PHQ 9) was used to determine the prevalence of postpartum depression and a structured questionnaire was used to collect data on associated factors. Binary logistic regression was used to determine association between factors and postpartum depression.

### **Results**

The prevalence of postpartum depression among HIV infected mothers in Mulago Hospital was 15.9% (46/290). Partner support was significantly associated with postpartum depression (AOR=4.52, CI2.31-8.84).

### **Conclusion and recommendation**

To achieve optimal maternal and infant HIV outcomes, periodic screening during the postpartum period should be encouraged, to facilitate early diagnosis and treatment.