



**THE ASSOCIATION BETWEEN HUSBAND'S INVOLVEMENT IN
MATERNAL ANTENATAL CARE AND THE RISK OF POSTPARTUM
DEPRESSION**

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ABSTRACT

BACKGROUND: Depression strongly negatively affecting maternal and neonatal health and may cause the family to suffer and lead the mother to suicide. Therefore, it is important to investigate the women whom at risk of postpartum depression. On other hand, encouraging husband's engagement in more frequent antenatal visit might improve women psychological health and decrease the risk of postpartum depression.

PURPOSE: The purpose of this study is to determine the association between involving husbands in maternal ante natal care and the risk of post-partum depression.

METHODS: Descriptive, correlational study was conducted during three months period in 2019 in Amman city. A convenience sampling was used. A total of 315 women completed self-administered questionnaires (i.e. the demographic data about the women and the husbands, the Edinburgh Postnatal Depression Scale (EPDS) and husband's involvement in the maternal antenatal care. The study was conducted in antenatal clinics at King Hussein Medical Centre, a private hospital and a governmental hospital.

RESULTS: A total of 315 women participated in the study, the majority of respondent age (32.7%, n=103) ranged between 26 and 30 years. 53.7% of the women had secondary school education or less. A total family income of 400 JD or less per month 59.3% (n= 187). About 80.3% (n= 253) located in the Urban, while 17.5 % (n= 55) located in a Rural area. Most of the participated women reported having no biological relationship with their husbands 61.6% (n= 194). Result showed that 67.9 % (n= 214) had no previous abortions, and 32.1 % (n= 101) had one or more previous abortions. Only 1% (n= 3) reported having eight children while 23.8 % (n= 75) reported having one child. Approximately 22.5% of participated mothers reported that their child depends on formula milk completely while 40.6% (n=128) and 36.8% (n=116) used breast milk, formula milk and breast milk, respectively. The results of this study showed that Jordanian husbands were involved in their pregnant women maternal antenatal care 83.2% (n=262), Jordanian women reported high risk of PPD (73.7 % (n= 232). Additionally, the study reported a significant negative

correlation between husbands' involvement and postpartum depression of Jordanian pregnant women.

CONCLUSIONS: This study showed that women have high risk of postpartum depression. And this study exposed high prevalence of husbands' involvement in maternal ante natal care among Jordanian women. Statistically; husbands' involvement correlates negatively with the risk of postpartum depression this led to recommendation that the care professional should direct an interventional and educational program that encourage the involvement of husbands in ante natal care and focused on the risk of postpartum depression among Jordanians women.

KEYWORDS: Maternal antenatal care, postpartum depression and husbands' involvement, Jordan.