

# POSTPARTUM DEPRESSION: A COMPARISON OF KNOWLEDGE AND ATTITUDE BETWEEN THE FAMILY MEMBERS OF POSTPARTUM WOMEN

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## Abstract

Postpartum Depression (PPD) is a common complication that mostly occurs during the postpartum period with the consequence of negative health outcomes for women and infants as well as other family members. The relatives of women are the first group that can notice abnormal signs and symptoms of PPD after discharge from the hospital. This study was a cross-sectional survey, aiming to explore knowledge and attitudes of 400 postpartum women's family members regarding PPD. A self-administered survey questionnaire was used for data collection. Data were analyzed using descriptive statistic. The findings show that family members, both husbands and female relatives, had positive attitudes and good knowledge about causes and risks of PPD. However, misunderstanding and wrong beliefs with regard to PPD were addressed. Therefore, health education on PPD should be provided for family members of postpartum women throughout pregnancy and postpartum periods.

**Keywords:** maternal care, mental health literacy, postpartum depression, family intervention

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