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Embracing The Basics for the Future of Mental Health



PREVALENCE OF **POST-TRAUMATIC** STRESS DISORDER (PTSD) AMONG POSTPARTUM **WOMEN IN MALAYSIAN** POPULATION AND ITS ASSOCIATED **FACTORS**

ALITHODS

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INTRODUCTION

Despite the increased global interest from researchers in post-traumatic stress disorder (PTSD) among postpartum women, studies of postpartum PTSD (PP-PTSD) in Malaysia are very limited. Indeed, the prevalence and associated factors of PP-PTSD have received little attention in Malaysia.

OBJECTIVES

This study aims to determine PP-PTSD prevalence in Malaysia and investigate the association between sociodemographic risk factors, depression, and PP-PTSD.

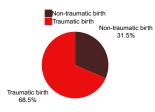
METHODOLOGY

The research applied a cross-sectional study involving 108 women who consented to answer a set of questionnaires via social media platforms. The sociodemographic risk factors and depressive level were collected through a questionnaire. The questionnaires used to investigate associated factors are the sociodemographic data and Patient Health Questionnaire (PHQ-9). PP-PTSD symptoms were measured by the validated Malay PTSD Checklist (MPCL-5). Two added questions fit the definition of "traumatic birth" to fulfil criterion A for PTSD.

ANALYSIS

The results show the pure prevalence of PTSD without depression in postpartum women is 4.6%. The data counted based on the respondent who answered "Yes" to one of the two added questions associated with a score of more than 43 in MPCL-5 questionnaires. The 4.6% excluded those with PHQ-9 scoring of 10 and more. .

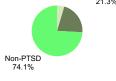
Percentage of Traumatic Birth and Non-Traumatic Birth Based on Two Added Questions



Prevalence of PTSD with and without Depression in Malaysian Population

Prevalence	Frequency, n	Percentage (%)	
PTSD without depression	5	4.6	
PTSD with depression	23	21.3	
Non-PTSD	80	74.1	
Total	108	100	

PTSD with depression 21.3%



The Correlation between the Presence of Depression and PP-

Correlations	P	Depression	PTSD
Depression	Pearson Correlation	1	0.613**
	Sig. (2-tailed)		0.000
	N	108	108
PTSD	Pearson Correlation	0.613**	1
	Sig. (2-tailed)	0.000	
	N	108	108

Related Risk Factors of Postpartum PTSD based on Logistic Regression Model in a Traumatic Birth

Variables	OR (95% CI)**	P-Value
Previous Delivery	0.607 - 6.842	0.249
Complications to the Baby		
Current Delivery	0.194 - 1.990	0.423
Complications to the Baby		
Current Delivery	0.354 - 4.636	0.706
Complications to the Mother		
Constant		0.057

significant if p value<0.05 based on logistic regression analysis.

RESULTS

The gross prevalence rate of PP-PTSD was 25.9%, and the sole prevalence of PTSD without depression was 4.6%. In this study, a multiple logistic regression failed to predict the risk factors for PP-PTSD symptoms. PTSD has a modest association with depression as the correlation coefficient is 0.613 and the significance level of 0.000, indicating that the relationship is highly significant.

CONCLUSION

This study addressed some gaps in the literature and provided a better understanding of PP-PTSD in Malaysia, contributing to early detection and intervention. Attention should be paid to all postpartum women, especially those most susceptible to PP-PTSD, including those with depression.

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