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# Embracing the Basics for the Future of Mental Health



**DoubleTree**  
by Hilton Shah Alam i-City

**28<sup>th</sup> MALAYSIAN CONFERENCE OF PSYCHOLOGICAL  
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**Embracing The Basics for the Future of Mental Health**

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## E-POSTER ABSTRACTS

EP-01

### **Prevalence of Post-Traumatic Stress Disorder (PTSD) Among Postpartum Women in Malaysian Population and Its Associated Factors**

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

**Keywords:** Post-traumatic stress disorder; Post-partum; PTSD; depression; PP-PTSD