

Contributory Factors to Antenatal Depression as Perceived by Pregnant Women in Vhembe District, Limpopo Province

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KEYWORDS Postnatal Depression. Psychological Factors. Socio-Economic. Obstetrical Maternal and Foetal Outcomes

ABSTRACT Depression affects about 20 percent of women during their lifetime, with pregnancy being a high vulnerability. Depression during pregnancy is a matter of public health importance due to that, it is the strongest risk factor for post-natal depression and it leads to adverse maternal and fetal outcomes. Depression during pregnancy is therefore a matter of great importance. The purpose of the study was to explore factors contributing to antenatal depression as perceived by pregnant women who were discharged from the psychiatric ward at one Hospital at Vhembe district in Limpopo Province. The qualitative research approach, exploratory and descriptive design was used. The population comprised of pregnant women who were discharged from the psychiatric ward of Siloam Hospital, Vhembe district, Limpopo province. A non-probability, purposive sampling was used to select 10 pregnant women. Data were collected through unstructured in-depth interviews at participant's home until saturation was reached. Data were analysed by open-coding method. Findings revealed three themes namely; social factors, obstetrical factors and psychological factors. It was recommended that health awareness be provided to the community members on contributory factors and symptoms of prenatal depression. Workshops for midwives should be conducted to enhance history taking and screening skills to promote early detection and treatment.