

CHILDBIRTH EXPERIENCE AND DEVELOPMENT OF POSTPARTUM
DEPRESSION AMONG FIRST-TIME MOTHERS: A CASE OF PUMWANI
MATERNITY HOSPITAL, NAIROBI COUNTY, KENYA

by

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APPROVAL

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MATERNITY HOSPITAL, NAIROBI COUNTY, KENYA

By

Genevieve Karume
08-1724

In accordance with Daystar University policies, this thesis is accepted in partial fulfillment of the requirements for the Masters in Clinical Psychology degree.

Sign

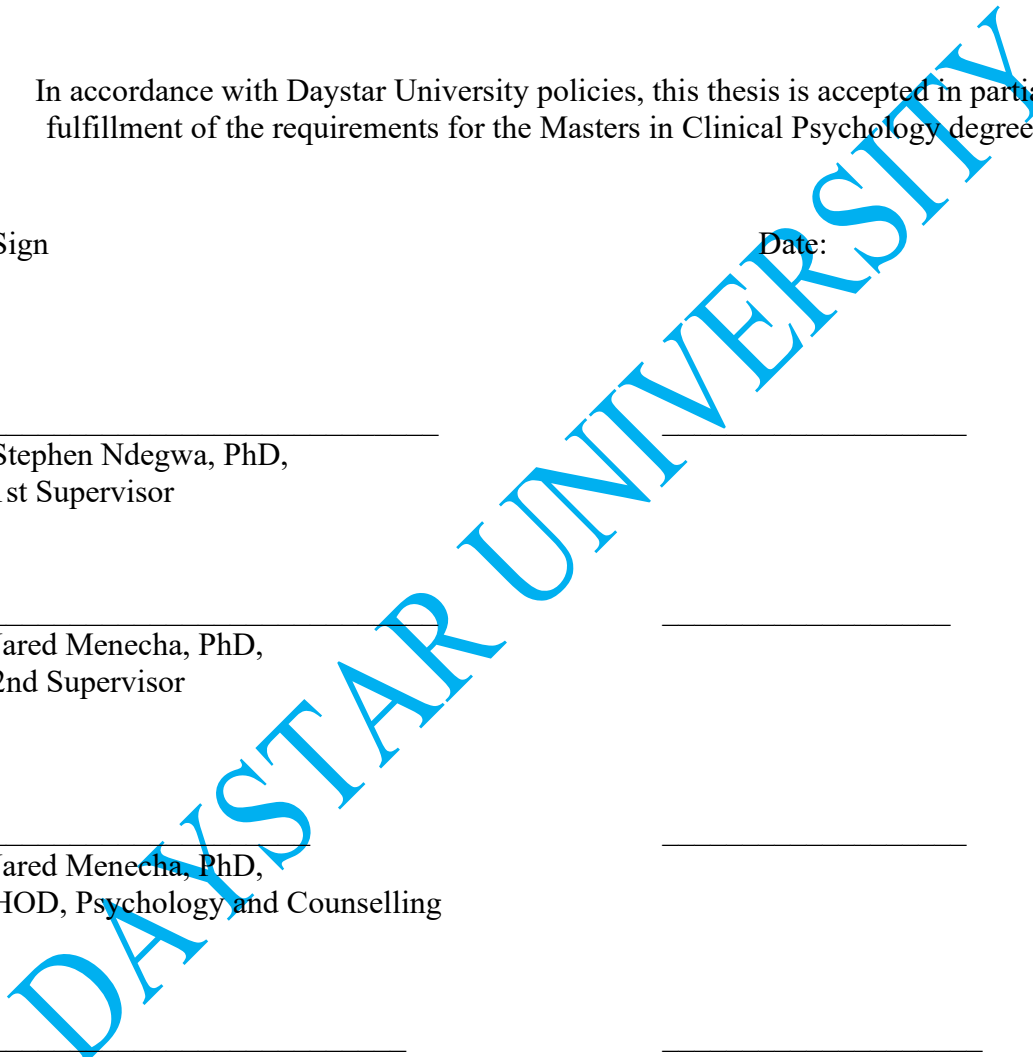
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DECLARATION

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I declare that this thesis is my original work and has not been submitted to any other college or university for academic credit.

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If I could write a poem about this academic journey, I would name it ‘An ode to faith, friendship and self-discovery’. My immense gratitude goes to my loved friends who have over the years become my family and who often times believed in me even more than I believed in myself. Thank you, Rosie, Cathy, Gatere, Jackie, Oresh, Lorna and Sally. My words alone cannot convey what each of you mean to me so kindly accept this humble shout out.

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LIST OF ABBREVIATIONS AND ACRONYMS

CEQ-2	Childbirth Experience Questionnaire
EPDS	Edinburgh Postpartum Depression Scale
FGM	Female Genital Mutilation
FOC	Fear of Childbirth
KBBS	The Kenya National Bureau of Statistics
NACOSTI	National Commission for Science, Technology and Innovation
NCPD	The National Council for Population and Development
OCD	Obsessive Compulsive Disorder
OF	Obstetric Fistula
PGP	Pelvic Girdle Pain
PMH	Pumwani Maternity Hospital
PPD	Postpartum Depression
PPDs	Postpartum Psychiatric Disorders
PTSD	Posttraumatic Stress Disorders

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ABSTRACT

The childbirth experience is multidimensional with different women having vastly different experiences. Postpartum (PPD) depression is often a result of childbirth with an average of 10%-19% of mothers up to 12 months postpartum. This study found that out of 219 first-time mothers, 25.1% scored >14 in the Edinburg Postpartum Depression Scale (EPDS) indicating, that they had PPD. Through the Childbirth Experience Questionnaire (CEQ2), the study found little statistical association between the four aspects namely, own capacity, professional support, participation and perceived safety in relation to PPD. Sociodemographic factors namely, age, education level, marital status, employment status and family status also did not have a significant effect on the rate of PPD or the mothers' perceived childbirth experience. In conclusion, the childbirth experience as indicated by the different aspects of the CEQ, did not have a significant effect on the development of PPD among first time mothers in Pumwani Maternity Hospital, Nairobi, Kenya.