

SUMMARY

Topic: Influence of education of pregnant women in a birthing school on the incidence of postpartum depression

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Introduction: Postpartum depression is diagnosed in a woman who has experienced a depressive episode during pregnancy or 6 weeks postpartum (4 weeks according to DSM V); therefore, issues involving a woman's mental state should be addressed during primary care midwife visits and during Childbirth School classes. Participation in a Childbirth School enables future parents to experience pregnancy consciously, prepare for childbirth, puerperium and newborn care, and information provided in this way should be based on current standards and knowledge supported by scientific evidence.

Objective: The purpose of this study is to evaluate the effect of participation in Childbirth School classes on the incidence of postpartum depressive symptoms.

Material and methods: The material collected includes a cohort of puerperians from the Podkarpackie region comprising a total of 200 subjects i.e. 100 puerperians who were the group of participants in the Childbirth School classes (study group) and 100 subjects who were the control group, women who did not participate in the Childbirth School classes. The research methodology consisted of a diagnostic survey - the author's questionnaire and: Edinburgh Postnatal Depression Scale (EDPS), Beck Depression Scale (BDI), Emotional Control Scale (CECS) and Satisfaction with Life Scale (SWLS). Quantitative and qualitative analysis was performed using STATISTICA 13.3. with a significance level of $p < 0.05$.

Results: The participants of the Childbirth School were a group of women living in a rural area, aged 26 - 35 years, who had a university education, were in a relationship, indicated good living conditions, and were on maternity leave at the time of the study. In the control group, most of the women in the study came from rural areas, were between 26 and 35 years old, had education other than higher education, were in a relationship and in most cases rated their living conditions as good, and were on maternity leave at the time of the study. The scale of emotion control in all the women in the study group and the control group shows that a lower mean score applies to women in the control group (47.76 points \pm 10.11), compared to the group of participants of the Childbirth School (48.39 points \pm 10.08).

Statistical analysis showed significant differences between emotion control in the anger category and the age of the women studied. The mean Beck's scale score for all the women in the study was 8.83 ± 8.47 . Comparing the study group and the control group, higher scores were characteristic of women who did not participate in the Childbirth School. However, in every fourth woman (25.0%) in the birthing school and control group, the Beck scale score was greater than 11 points, which indicates an increased risk of depressive disorders. The score of the Edinburgh Postnatal Depression Scale for all the women studied was on average 26.90 points \pm 2.96, and it was slightly higher among women not participating in antenatal education compared to women participating in the Childbirth School. The results obtained showed no differences between the risk of depression on the EDPS and BDI scales and the sociodemographic data of women in both study groups.

Analysis of the results obtained in the Emotional Control Scale showed that the average score for all the women studied was 22.54 points \pm 4.80, which indicates average satisfaction with life. Statistical analysis, however, showed significantly higher life satisfaction

in the group of women attending Childbirth School, over 35 years of age, with a university education, in a relationship and on leave. Higher life satisfaction was also found among participants of Childbirth Schools regardless of place of residence. Very good living conditions also proved to be a significant factor in differentiating life satisfaction between women in the study and control groups - women in the study group indicated better life satisfaction.

Conclusions: Women under the age of 18 who participated in Childbirth School presented a lower degree of anger suppression than women who did not attend this type of education. On the other hand, women who do not attend the Birthing School, who do not work and have secondary and lower education, show a lower degree of suppression of depression symptoms than women participating in the Birthing School. On the other hand, a higher level of satisfaction with life is characteristic of educated women, over 35 years of age, who participated in antenatal education in the Birthing School, compared to women who did not participate in this type of education. Although, assessed by the Beck Depression Scale and the Edinburgh Postnatal Depression Scale, postpartum depression in the group of women participating in the Childbirth School classes and the control group showed a similar risk of depression, it indicates that postpartum depression can be faced by women regardless of age, socio-economic status and participate in classes at the Birthing School.

Keywords: Birthing school, antenatal education, postpartum depression, puerperium