

Viewpoints on Postpartum Depression Risk Assessment among Japanese Community Health Nurses

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Background

In Japan, mothers with an Edinburgh Postnatal Depression Scale (EPDS) score ≥ 9 points (Japanese version) are generally provided continued supported. However, many community health nurses even give support to mothers with EPDS scores < 9 .

Aim of the study

To clarify the Japanese nursing profession's assessment of EPDS scores < 9 points (the cutoff points for Japan).

Methods

From January 2020 to March 2021, we conducted focus group interviews with three groups of five to seven community health nurses (17 in total) involved in visiting newborns at a maternal and child health center in Japan, and qualitatively and inductively analyzed the data. This study was conducted with the approval of the Okayama Prefectural University Ethics Committee, and the informed consent of the study subjects was obtained.

Results

This study derived 10 categories for the community health nurses' assessment of the prepartum depression group: 1) Parenting behavior of mothers, 2) Mental condition of mothers, 3) Social background of mothers, 4) Physical condition of mothers, 5) Maternal socialization, 6) Health of the child, 7) Family factors, 8) Social support-related factors, 9) Mothers' clothing and appearance, and 10) Environmental factors.

Conclusions and implications

It was found that community health nurses conduct assessment from various viewpoints in providing preventive support, including the mother's and the child's physical factors, psychosocial factors of the mother and family environment, and environment of upbringing.