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ABSTRACT

This study used a quasi-experimental quantitative research design to measure postnatal depression. The purpose of this research was to test the Mental Health Promotion Program for Postpartum Women based on Cheryl Tatano-Beck's Postpartum Theory, Teetering on the Edge. The study tended to elaborate the link between mothers who were identified to be at risk for postnatal mood disturbances and the effect of the intervention 2 weeks after giving birth. This was all conducted through the use of Postpartum Depression Predictors Inventory-Revised (PDPI-R), administration of a 2-week Mental Health Promotion Program for Postpartum Women: self-mastery, social support, and sleep; and the evaluation of postnatal depression scores of mothers through Edinburgh Postnatal Depression Scale (EPDS) 2 weeks after giving birth. After processing the findings, it was found out that mothers who are at risk in developing postpartum mood disorders were predominant in the mothers the researchers invited for the study attesting the need for interventions to address the problem. It was also discovered that among the high-risk mothers, majority of the group reported depressive symptoms. Despite the fact that there is no significant difference in the postpartum mood between the control and study group after the intervention, it can be deduced that the intervention, Mental Health Promotion Program for Postpartum Women was able to successfully target 3 factors: blaming oneself, fear and panic without reason, and difficulty sleeping due to sadness. Thus, a need for protocol improvement to be able to hit other factors is well prompted.

Keywords: postpartum women, postnatal depression, mental health