

Evaluation Of The Relationship Between Affective Temperament and Depression at Postpartum Period

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Objective

Risk of mood episodes, especially depression, is higher at postpartum period. Considering the data indicating that affective temperamental features are subclinical forms of mood disorders, we aimed to evaluate the prevalence of depression and its relationship between affective temperament at postpartum period.

Methods

The study included 164 postpartum women. The participants were administered Edinburgh Postnatal Depression Scale (EPDS), modified Hypomania Checklist (mHCL-32) and Temperament Evaluation of Memphis, Pisa, Paris, and San Diego Autoquestionnaire (TEMPS-A) scales.

Table 1. Descriptives of Rating Scale Scores

	Min.	Max.	Mean	Med.	SD
EPDS	4.0	18.0	7.5	7.0	2.5
mHCL-32	0.0	11.0	4.4	4.0	2.4
TEMPS-A depressive	3.0	13.0	6.8	7.0	1.9
TEMPS-A cyclothymic	3.0	8.0	5.4	5.0	1.2
TEMPS-A hyperthymic	2.0	10.0	5.6	5.0	1.9
TEMPS-A irritable	1.0	9.0	3.9	4.0	1.6
TEMPS-A anxious	1.0	15.0	6.0	5.5	2.7

EPDS: Edinburgh Postnatal Depression Scale, **mHCL-32:** Modified Hypomania Check List, **TEMPS-A:** Temperament Evaluation of Memphis, Pisa, Paris, and San Diego Autoquestionnaire Scale. **Min:**Minimum, **Max:**Maximum, **Med:**Median, **SD:**Standard Deviation

Results

Mean age of the women was 23.8±2.9 years while mean age of their partners was 25.8±3.1 years. Most of the women reported that their pregnancy was not planned (76.8%, n=126). The prevalence of depression according to the EPDS cut-off score was 11% (n=18). Depression scores were positively correlated with irritable temperament scores ($\rho=0.16$, $p=0.04$) and mHCL-32 scores ($\rho=0.2$, $p=0.01$). There was no statistically significant difference between the women with lower and higher EPDS scores in terms of previous pregnancy and abortion history.

Table 2. Correlation Analysis of Depression and Temperament Scores

	Depressive Temp.	Cyclothymic Temp.	Hyperthymic Temp.	Irritable Temp.	Anxious Temp.
EPDS					
<i>rho</i>	0.17	0.07	-0.09	0.16	0.10
<i>p</i>	0.11	0.39	0.24	0.04*	0.22
mHCL-32					
<i>rho</i>	0.10	-0.08	-0.11	0.10	0.10
<i>p</i>	0.22	0.29	0.17	0.89	0.18

EPDS: Edinburgh Postnatal Depression Scale, **mHCL-32:** Modified Hypomania Check List, **Temp:** Temperament, * $p<0.05$ is statistically significant

Conclusion

Depression should be closely screened during postpartum period. Irritable temperament might be an indicator of depression for women after child birth. Prospective long-term follow up studies with big sample size are required to unveil the clinical characteristics of postpartum depression

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