Knowledge Regarding Postpartum Psychosis Among Women In Selected Areas Of Pune City With A View To Develop Information Booklet

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ARTICLE INFO	ABSTRACT
	Introduction: -Postpartum Psychosis is a serious Mental Health illness that can affect women in 1st to 2nd week after giving Birth. It is also known as Puerperal Psychosis or Postnatal Psychosis. It is identified by the Symptoms of Hallucinations of seeing or hearing, Delusions such as fear or suspicious, Mania such as feeling very high, a very low mood. To reduce the incidence of Postpartum Psychosis. As a result, this study mean to assess the Knowledge regarding Postpartum Psychosis among Women in selected areas of Pune City and to associate the findings with the demographic variables. **Material and Method**: - This study involve a quantitative research approach with a non-experimental explorative design and adopted the non – probability purposive sampling method. A questionnaire including 18 questions was made and through the process of content validity, the tool was validated. Test –retest method was used to test the reliability, using Karl Pearson's formula r value was calculated. r = 0.8, found to be reliable. Pilot study was also conducted which was found to be feasible. **Result**: - The study shows that out of 300 Women, the majority i.e. 47.3% had poor knowledge about Postpartum Psychosis. The majority of the Women were of 18 – 26 years old that is 31.2%. Majority of 74% were married and 39.4% are graduated. The majority of 48% were homeworker and 32% had an income of Rs 10,000 – 20,000. The majority of 56.4% have joint family. Among the selected demographic variables age, marital status and annual income are associated with the knowledge level and other demographic variables are not associated. **Conclusion**: - The result of the study show that Women who are capable of having Postpartum Psychosis lack knowledge. It is important to provide Women with adequate knowledge about Postpartum Psychosis to spread awareness and prevent it from having more complications among the community people and get treated it properly. An information booklet was developed to help women gain knowledge about postpartum psychosis.

Keywords: - knowledge, Postpartum Psychosis, women, information booklet. |

INTRODUCTION

Postpartum psychosis is a serious mental health condition that affects women after childbirth. It manifests through various symptoms including feeling disoriented, experiencing sleep disturbances, restlessness, obsessive thoughts about the newborn, heightened energy levels, and exhibiting behaviors like self-harm or thoughts of harming the infant. Appetite disturbances and hallucinations—seeing or hearing things that are not real—are also common indicators. Delusions, such as a belief that one's thoughts are being controlled by an external force (delusion of passivity), a sense of grandiosity and supernatural abilities (delusion of grandiosity), or feeling persecuted (delusion of persecution), are typical features of this condition.

During the third trimester of pregnancy, affected women often withdraw from social interactions, isolating themselves from friends and colleagues. This period can be marked by heightened stress and may serve as a precursor to symptoms of pre-term labor. Research suggests a global incidence of postpartum psychosis ranging from 0.89 to 2.6 cases per 1000 women, with certain studies reporting a prevalence as high as 5 in

1000. In India, the incidence rate is notably higher at 22%, with the state of Maharashtra showing a prevalence of 4.16% for psychosis, compared to 11.45% for depression. Urban areas like Pune exhibit even higher rates of mental health disorders, with a prevalence of 26%.

In summary, postpartum psychosis is a complex mental health issue that requires prompt attention and support. Its symptoms can severely impact the affected individual's well-being and ability to care for themselves and their infant. The prevalence rates highlight the importance of mental health awareness and support systems, particularly in regions where the burden of these conditions is notably high. Early detection and intervention are crucial in ensuring the safety and recovery of women experiencing postpartum psychosis.

NEED OF THE STUDY

The study is driven by the urgent need to enhance early recognition and intervention for postpartum psychosis, a condition of critical importance in maternal mental health. By evaluating current awareness levels among women in this specific domain, we can pinpoint knowledge gaps and misconceptions that may hinder prompt diagnosis and treatment. Additionally, understanding the cultural, social, and economic factors influencing awareness is vital for tailoring effective interventions. A study conducted in Mumbai, Maharashtra, revealed that awareness about postpartum psychiatric disorders was moderate among participants. Out of 200 surveyed individuals, 25.5% demonstrated poor knowledge, 57% had average knowledge, and only 17.5% exhibited good knowledge. Notably, no participant possessed excellent knowledge of postpartum psychosis, underscoring the necessity for comprehensive information dissemination.

The objective of this investigation is to craft an informative booklet that addresses identified knowledge deficiencies and offers practical guidance on symptom recognition, seeking assistance, and accessing appropriate support services. By equipping women with accurate information on postpartum psychosis, we aim to foster proactive engagement with healthcare providers, combat mental health stigma, and ultimately enhance outcomes for mothers and families. The ultimate aim of this initiative is to bolster the psychological well-being of postpartum mothers within selected communities in Pune city. By heightening awareness and advocating for early intervention, we can mitigate the adverse effects of postpartum psychosis, cultivate resilience among new mothers, and facilitate smoother transitions into motherhood.

In summary, this research endeavors to fill critical gaps in understanding postpartum psychosis among women, aiming to empower them with knowledge and resources that will lead to improved mental health outcomes for mothers and their families. Through targeted interventions and community engagement, we seek to promote healthier motherhood experiences and reduce the impact of postpartum mental health challenges.

AIM OF THE STUDY

The aim of the study is to assess the knowledge regarding postpartum psychosis among women in selected areas of Pune city with a view to develop information booklet.

RESEARCH METHODOLOGY

In this study quantitative research approach was adopted with the objectives 1.To assess the level of knowledge regarding postpartum psychosis among women.2To associate the knowledge level with selected demographic variables. 3.To develop information booklet regarding postpartum psychosis. Using non experimental descriptive design study was done on 300 women of the age 18-50 years old selected by Non Probability sampling technique from selected areas of Pune city. Self-structured questionnaire was used which consists of two sections, **Section I**:- Demographic variables like age, marital status, educational status, occupation, family income, family type. **Section II**:- 18 Self structured questionnaire to assess the kno.wledge regar.ding postpartum psychosis. Content validity of the tool was done which was found to be valid after necessary changes. Test –retest method was used to test the reliability, using Karl Pearson's formula r value was calculated. r = 0.8 ,found to be reliable. Pilot study was also conducted which was found to be feasible.

RESULT

1.Analysis of demographic variable

- 94(32%)of adults are of 18 – 26 years ,85(26.6%) from 27 – 34 years, 62(23.3%) are from 42 – 50 years and 59(18.1%) are from 35 -41 years.
- 222(74%) of the women are married ,69(23%) are unmarried,7(2.4%)are divorced and2(0.7) are in the other category from the group.
- 96(32%) women has rs.10,000-20,000income , 94(31.4%) women had 21,000-30,000 income , 74 (24.7%) had 31,000-50,000income and 36 (12%) women had 50,001 and above income
- 144(48%) of the women are homemaker, 77(25.7%) belong to othercategory, 55 (18.4%) are self employed, and 24(8%) are government employees.
- 118 (39.4%) of the women have completed graduation, 102(32%) have studied till 12th standard, 80(26.2%) studied till 10th standard.
- 169 (56.4%) of the women live in joint family, 113(37.%)live in nuclearfamily, 18(6%) live in extended family.

2. Analysis of knowledge regarding postpartum psychosis.

Table no. 1 Frequency, percentage, mean and SD of the knowledge **regarding postpartum psychosis among women**
n= 300

Assesement	Frequency	Percentage	Mean	S.D
Poor knowledge (0-7)	142	142		
Average knowledge (8 -10)	93	31%		
Good knowledge (11 – 14)	50	16.7%	47.3%	5.4
Excellent knowledge (15-18)	15	5 %		

Table No 1 shows that, shows that the majority of women 142(47.3%) have poor knowledge , 93(31%) have average knowledge , 50(16.7%) have good level of knowledge and 15(5%) have excellent level of knowledge.Mean score id 7.93 and SD is 5.4

3. Analysis of association of knowledge level with selected demographic variable.
The calculated chi-square value of age , maritalstatus , income are significant at 0.05 level of significance and other demographic variable are found to be non significant. Therefore, there is an association between knowledge of postpartum psychosis with age, marital status and income and no association with occupation, education and type of family.
H0 is accepted for the demographic variables age, marital status, income and is rejected for occupation, educational status and type of family.

DISCUSSION

The present research focuses on assessing women's knowledge of postpartum psychosis, a significant mental health issue. A self-structured questionnaire was developed and validated by five experts, achieving a high reliability score of 0.87. The study involved 300 women who met specific criteria. Each participant was informed about the study's purpose and provided consent, ensuring the confidentiality of their data. The questionnaire comprised two sections: the first gathered demographic data such as age, marital status, annual income, occupation, education, and family type. The second section contained an 18-item multiple-choice questionnaire assessing knowledge of postpartum psychosis. This study can be compared to a 2022 research project involving relatives of primigravida mothers. In that study, 200 participants showed varying levels of knowledge: 25.5% had poor knowledge, 57% had moderate knowledge, and 17.5% had better knowledge. Notably, no participants demonstrated excellent knowledge of postpartum psychosis.
In a separate study conducted in April 2021, involving 240 mothers, findings revealed that the majority (60.8%) lacked knowledge of postpartum depression. The research underscores the importance of understanding and addressing gaps in awareness of postpartum mental health conditions among women. By using a validated questionnaire and involving a substantial sample size, this study aims to contribute meaningful insights into the current state of knowledge regarding postpartum psychosis among women.

CONCLUSION

The current study brings out the knowledge of postpartum psychosis among women from selected areas of Pune city. This research is crucial as it puts forward the knowledge level of the women regarding postpartum psychosis. For the tool validity, the tool was distributed with 30 women that showed 0.87 % reliability.
The study was conducted on 300 women between the ages 18-50yrs. The women were provided a set of questionnaire to assess the knowledge level. There were 2 sections in which the first section constituted of demographic data like the age, marital status, annual income, occupation, education and type of family ,while the other section was a self-structured questionnaire of 18 multiple choice questions to assess the knowledge level of participants and there were questions like 'Which mothers are affected firstly due to postpartum psychosis ?' and the options were first time pregnancy ,More than one pregnancy, both a and b, delivery before time.
When all the study was completed we found out that 142(47.3%) have poor knowledge about postpartum psychosis, 93(31%) have average knowledge of postpartum psychosis, 50(16.7%) have good knowledge and of postpartum psychosis 15(5%) have excellent knowledge of postpartum psychosis. As this study shows that the majority of women have poor knowledge there is a need to increase the knowledge of women and their family

regarding postpartum psychosis, that's why an Information booklet is eveloped to spread awareness and knowledge regarding postpartum psychosis.

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