

Poster

📅 Sat. Sep 27, 2025 2:00 PM - 3:10 PM JST | Sat. Sep 27, 2025 5:00 AM - 6:10 AM UTC 🏢 Poster Session (6F Meeting Room 4-6)

Poster 37

[P-37-03] Prevalence and Factors Associated with Depression Among Pregnant Women of Siriraj Hospital, Bangkok

Keerati Pattanaseri¹, *Suchada Samranjit¹, Supawee Kaewchuen¹, Kantanut Yutrirak¹, Pattarawalai Talungchit², Tachjaree Panchalee Boonbawornpong², Napat Sittanomai³, Pasika Srinual⁴, Supaporn Kwadkweang² (1. Department of Psychiatry, Faculty of Medicine Siriraj Hospital, Mahidol University (Thailand), 2. Department of Obstetrics&Gynecology, Faculty of Medicine Siriraj Hospital, Mahidol University (Thailand), 3. Department of Pediatrics, Faculty of Medicine Siriraj Hospital, Mahidol University (Thailand), 4. Faculty of Medicine Siriraj Hospital, Mahidol University (Thailand))

Keywords : Prevalence, Risk Factor, Antenatal Depression, Thailand, Pregnancy

Background Depression affects over 280 million globally, with numbers rising. Women's risk is double men's, particularly during pregnancy, when insufficient self-care can increase the risk of disease and infection. This can negatively affect the mother, the baby, and the family. Early identification and assessment of depression during pregnancy are therefore crucial to reducing these adverse outcomes.

Objectives To identify the prevalence and associated factors of antenatal depression among women attending Siriraj Hospital, Bangkok, Thailand.

Materials and methods This prospective cohort study conducted among pregnant women attending antenatal care at Siriraj Hospital, since February 2025. Data were collected using a general information questionnaire, the Thai Edinburgh Postnatal Depression Scale (EPDS), and the Revised-Thai Multidimensional Scale of Perceived Social Support. Depression during pregnancy was defined as having an EPDS score of ≥ 11 .

Results Among 243 pregnant women, the prevalence of depression at Siriraj Hospital was found to be 19.34%. The median EPDS score for the depressed group was 13 (IQR: 12-15), while the healthy group had a median score of 5 (IQR: 2-7). Factors significantly associated with depression in pregnant women included: family financial status ($p < 0.001$), desire for childcare ($p = 0.001$), relationship problems with partner ($p = 0.004$), history of past abuse and abuse by partner ($p < 0.001$), and perceived social support ($p < 0.001$).

Conclusion Depression during pregnancy was prevalent in nearly one-fifth of participants at Siriraj Hospital. The condition was significantly associated with financial difficulties, desire for childcare, relationship problems, history of abuse and low perceived social support. These findings highlight the need for routine screening and psychosocial support during antenatal care.

Limitation This analysis is based on preliminary data from first antenatal care visit. Finding may not reflect changes in depressive symptoms or risk factors later in pregnancy, data collection is on going.