

Abstract

Background: *Postpartum depression is a mood disorder that weakens the mother-child relationship and has negative effects on health and quality of life mother and other family members.*

Aim: *To compare the postpartum depression among adolescent and adult women referred to Ardabil health centers, 2019*

Methods and materials: *A total of 200 postpartum women (100 women under 19 years old and 100 women aged 19 and older) who were eligible for the study participated in this cross-sectional research using cluster sampling method in Ardabil health centers. Data were collected by a questionnaire containing demographic information and the Edinburgh Postpartum Depression Questionnaire. Data were analyzed using SPSS software version 18 and Chi-square test, Fisher's exact test, independent t-test, and two-way analysis of variance.*

Results: *The overall prevalence of postpartum depression was 6%. There was a significant difference between the two groups in terms of maternal education level, maternal employment status, gravid, maternal age, and husband age ($P < 0.05$), but there was no difference between the two groups in terms of husband employment status ($P = 0.352$). 4 patients (4%) in the adolescent group and 8 patients (8%) in the adult group suffered from postpartum depression, but the difference was not statistically significant ($P = 0.234$). Among adolescent women, there was no significant relationship between postpartum depression and maternal education, maternal employment status, gravida, husband employment status, maternal age, and husband age ($P > 0.05$). Among adult women, there was no significant relationship between postpartum depression and maternal education, maternal employment status, maternal age, and husband age ($P > 0.05$) but there was a significant relationship between postpartum depression among adult women with gravid ($P = 0.011$) and husband employment status ($P = 0.031$).*

Conclusion: *The results of the present study showed that in general, the frequency of postpartum depression was low in the women we studied; the prevalence of depression was not significantly different between adolescent and adult women; depression in adult women was significantly associated with the number of pregnancies and the employment of the husband, but in adolescent women there was no significant relationship between depression and the studied variables.*

Keywords: *Postpartum depression, adolescent women, adult women.*