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The relationship between reproductive health of couples and perinatal mental health in adolescent mothers

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Abstract

Introduction: The purpose of this article is to investigate the relationship between reproductive health of couples and perinatal mental health in teenage mothers. Early marriage is very dangerous for women. One should prepare well for marriage, such as physical fitness and mental health. Awareness of sexual and reproductive health is very important in equipping couples to start a family and maintain health, especially mental health. Pregnancy and childbirth are important events in the lives of women, families and communities and as a risky time for their mental health. Therefore, assessing the timing and patterns of mental health illness is critical to ensure the well-being of the mother, infant, and entire family. Perinatal mental health (PMH) problems are common and the international literature clearly shows that perinatal mental health issues affect many women and can have profound negative consequences for the mother, baby and family. and the reasons for perinatal mental health issues are multifaceted. And it is complicated.

Search strategy: In this systematic review, online databases (Medline, EMBASE, Scopus, Web of Science, Cochrane Library, CINAHL, CIVILICA, and Google Scholar search engine) were searched with the keywords reproductive health of couple, perinatal mental health, adolescent mothers without time limit until 2023.

Results: Women with poor reproductive health have an impact on perinatal and fetal mental health and experience greater distress when undergoing fertility treatments. Mental health disorders may increase the risk of miscarriage and other pregnancy complications (such as gestational diabetes) and are associated with preterm birth (PTB) and low birth weight (LBW). There was limited evidence of the effectiveness of reproductive health on prenatal mental health disorders, including depression and sexual and reproductive health risk behaviors, adherence to prenatal and postpartum care, and parenting skills.

Conclusion: We conclude that to advance the landscape of postpartum care, we need to conduct women-centered research that focuses on women's subjective experiences of perinatal mental health and well-being. And it highlights the need for an international effort to increase awareness of PMH problems, reduce mental health stigma, and increase reproductive health and provide flexible, woman-centered care.

Keywords: reproductive health of couple, perinatal mental health, adolescent mothers