

The Relationship between maternal mental health and children anthropometric Indices in Ardabil Health Care Centers in 1394

Background and Objective: Maternal mental state is closely related to their children. Therefore, the current study aimed to assess the relationship between maternal mental state with their children anthropometric indicators.

Methods: In this cross-sectional study with correlational approach, 117 Mothers of children under 5 years were selected with cluster sampling. Data were collected using GHQ28 questionnaire and were analyzed with SPSS-16 statistical analysis.

Of 117 cases studied in this research, 58 (49.6%) were male and 59 (50.4%) female. The mean age of mother participants was 29.32 ± 5.04 years and the average age in boys and girls respectively were 24.12 ± 17.15 and 25.00 ± 17.14 months.

Results: the findings show that 59% of women are suspected to have mental problems, including social function problems (94.9%), anxiety (38.5%), somatization d (41%) and depression (14.5%) growth percentile was determined in the study, . The average weight and height percentiles of children respectively were $37/83 \pm 31/31$ and $39/57 \pm 32/17$. The results of statistical analysis showed that 69/2 % of children have lower weight percentile of 50 and 61/5 percent have lower than 50 percentile for height. Findings showed somatization subscale had a significant relationship with the child's weight and in other subscales, there was no correlation with the child's weight and also no significant relationship was found between the child's age and subscales. Other than mother education no significant relationship was found between the mother's age, income, number of children and subscales.

Conclusion: Based on the results, the maternal mental health is not satisfactory, therefore; it is important for primary care providers to be aware of changes in mental health status of women for improvement child anthropometric indicators.

Keywords: mental health, anthropometric Indices, growth percentile