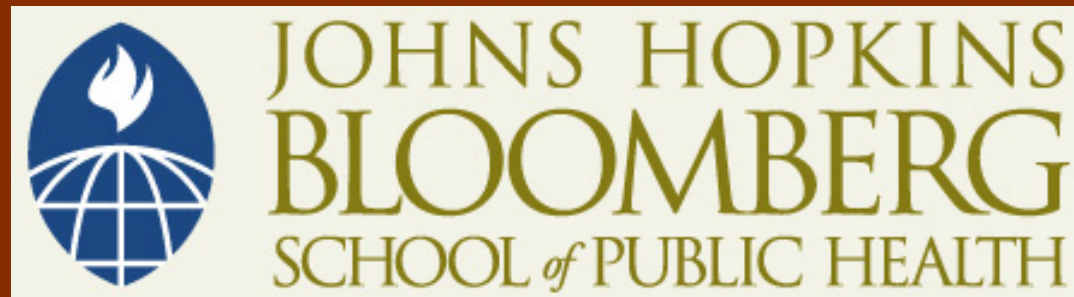


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Section C

Example of Democratic Republic of Congo (DRC)

DRC Maternal Mental Health Study

- Catchment area around Kingasani Maternity
 - Poorest section of Kinshasa
 - About 700 births per month
- Good prenatal care and birth services
- Concerns post birth about mothers and infants

DRC Maternal Mental Health Study

- Goal: to understand mental health problems of mothers in postpartum period
- Interviewed 80 women with babies ages 1 to 2 years



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Syndrome Identification

- Started with two general questions
 - What are the main problems that women have who have babies less than 1 year of age?
 - What are the main problems that women have that affect their babies and children?
- Looking for problems associated with thinking, feeling, or relationship issues

Problem Lists

- Question 1
 - Thirty-two problems of new mothers (poverty is No. 1)
 - **Worry, torment of the mind, lack of peace** grouped together halfway down the list

- Question 2
 - Twenty-one problems mothers have that affect children
 - **Worry, torment of the mind, lack of peace** grouped together at No. 4

DRC: Maladi ya Souci

- Worries too much
- Angry
- Sad
- Loss of weight
- Disputes for no reason
- Stomach pain
- Self-pity
- Fatigue
- Thought of killing self
- Crying easily
- Thinks too much/heart full of thoughts
- Lack of peace
- Neglects self
- Lacks happiness
- Fears others
- Insults other
- Trouble sleeping
- Feeling tormented
- Heart is restless
- Feel weak/tired
- Need to be alive is gone
- Forgets

Assessment of Function

- Similar methods can be used to understand function
- What defines function and impairment is culture and context specific
- Use same Free List question approach
 - What are the major tasks and duties a woman must perform regularly to care for (a) themselves; (b) their families; (c) their community; and (d) their baby

Functions: DRC

- All domains
 - Small commerce
- Community
 - Helping others
 - Working gardens
 - Visit the sick
- Family
 - Prepare meals
 - Take care of the home
 - Washing clothes
- Self
 - Taking care of one's body
 - Taking care of one's hair/ braids
 - Bathing yourself
- Baby
 - Washing the diapers
 - Washing the new baby

Adaption of HSCL and EPDS

- Determined to be appropriate
- Used local terminology when symptom appeared in qualitative results
- Worked with translator and interviewers for symptoms not in qualitative results
- Added symptoms represented in qualitative data but not in screeners

Initial Piloting: EPDS

- Found that the “positive” symptoms did not make sense
 - Example: “you have looked forward to the future with enjoyment”
 - In piloting, women told us that this is just not a sentiment that women have the luxury of feeling, and validity testing confirmed this
- Questions can be answered but not considered relevant by interviewees
- Interpretation will be wrong

DRC Validation Study (I)

- Identification of persons with local illness
 - External identification: key informant
 - Internal identification: self
- Assessment comparison between cases and non-cases

DRC Validation Study (II)

- Sample
 - 133 women: 41 “cases”; 20 “non-cases”
- Depression scale comparison (mean, sd)
 - Cases: 34.7 (11.4); non-cases: 16.9 (10.9)
- Function scale comparison (mean, sd)
 - Cases: 8.98 (8.0); non-cases 3.64 (4.3)

DRC Validation Study (II)

- Modified DSM-IV diagnosis
 - Odds of meeting diagnosis 14.1 times greater among cases vs. non-cases
- Discordant cases
 - Fell in the middle: 22 pts on average

What Happened Next

- Funding limited
- Screening tool given to nursing staff for use
- Used to develop new services

Other Studies

- Most severe: suicide/homicide
- Reduced likelihood of secure attachment with child
- Deficits in maternal-infant interactions
 - Can impair cognitive and emotional development of the child, particularly in areas of socioeconomic deprivation
- Child physical health and development
 - Impaired growth trajectories
- Potential neglect of other children in the home

Summary

- Gender can play a role in how we investigate mental health issues across cultures
- Important to recognize when to account for gender differences and potentially when to focus on one group only—like with the example of perinatal depression