

# Postpartum Depression Tool in Burmese Women

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## Introduction

In the United States, the prevalence of postpartum depression is 10-15%.

Phoenix is the sixth largest city in the United States for refugee resettlement. One of the main groups of those who settled are the Burmese refugees.

There is limited study on the acceptability of translated postpartum screening tools for resettling Burmese refugee women in the United States.

This study examines the views that Burmese refugee women have about translated questions from the Edinburgh Postnatal Depression Scale, as a routine screening test for postpartum depression, and their thoughts and experiences with post-partum depression.

## Methods

Thirty Burmese women who receive assistance at the International Rescue Committee participated in this study.

One-on-one, in-person interviews were conducted with a Burmese and Karenni interpreter.

Participants read Burmese and Karenni translations of the Edinburgh Postnatal Depression Scale and were asked questions regarding their opinions of the tool, as well as their knowledge about postpartum depression.

Qualitative analysis was done in light of emerging themes that arose during the interviews. An open inductive analysis was used with interpretation of interview transcripts.

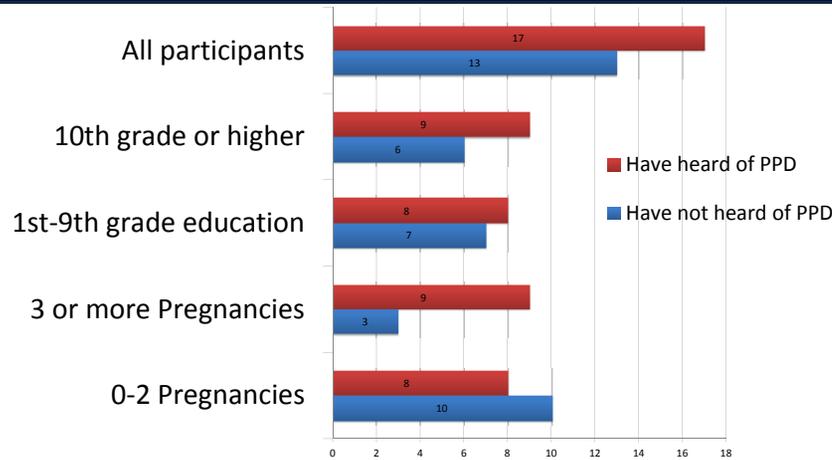


Figure 1: PPD awareness of participants

## Results

There were prominent themes in the interviews. First, the Burmese women all agreed that the translated Edinburgh Postnatal Depression Scale was easy to understand.

All the thirty participants did not find the questions on the screening tool offensive or insulting. They also found that the questions all made sense when translated in their own dialect. When the Burmese participants were asked what they thought of the Edinburgh Postnatal Depression scale, there is a common theme that they felt that it does not contradict with their culture, and the tool is appropriate to use for someone who has just given birth.

The questionnaire also included questions that explore Burmese participants' knowledge about postpartum depression. See Figure 1.

The common themes in their understanding of postpartum depression were about suffering physically and emotionally and not being able to take care of their household and their children.

The common themes in their perceptions of the meaning of depression were having physical symptoms, financial difficulties, or being alone.

## Acknowledgements

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## Discussion and Conclusion

The Edinburgh Postnatal Depression Scale translated in Burmese and Karenni are well received, acceptable and understandable for the Burmese women.

These results suggest that this translated Edinburgh Postnatal Depression Scale can be utilized in clinic and health centers where Burmese refugees are seen. To be even more culturally appropriate, healthcare professionals should also take into account the social factors that resettling refugees face, as these factors may alter the presentation or complications of post-partum depression in the population.

Our findings suggest that Burmese refugee women may not well informed when it comes to mental illness such as postpartum depression or depression in general.

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