

## Original Article

### On the relationship between maternal fatigue and postpartum depression

#### Abstract

**Introduction:** Postpartum depression may be related to pregnancy and postpartum fatigue. This research was accomplished to investigate the relationship between maternal fatigue in pregnancy and postpartum period with postpartum depression.

**Materials and Methods:** In this research, 60 women with 36 weeks of gestational age and Edinburgh scale score equal or less than 9, were selected through a multi-stages sampling method among the clients of health care centers in 2009 in Mashhad, north-eastern part of Iran. Fatigue was assessed by Modified Fatigue Symptom Checklist in 36-7 weeks of pregnancy, and 5 and 14 days of postpartum. Postpartum depression was evaluated by Edinburgh scale and interview at the postpartum days 5, 14 and 28. Data were analyzed by chi-square, fisher, variance analysis with repeated scores, correlation and regression tests using SPSS software.

**Results:** There were significant correlation between fatigue in the 37<sup>th</sup> week of pregnancy with postpartum depression in the 5<sup>th</sup> ( $r=0.651$ ,  $P=0.045$ ), 14<sup>th</sup> ( $r=0.651$ ,  $P=0.045$ ) and 28<sup>th</sup> day ( $r=1.000$ ,  $P=0.000$ ). Also there was a significant correlation between the fatigue in 36<sup>th</sup> week of pregnancy, and postpartum depression in 5<sup>th</sup> day ( $r=1.000$ ,  $P=0.000$ ) and also between the fatigue in 14<sup>th</sup> day of postpartum and postpartum depression in 28<sup>th</sup> day ( $r=1.000$ ,  $P=0.000$ ).

**Conclusion:** Expression of fatigue at the end of pregnancy and postpartum period is related to postpartum depression. Fatigue in pregnant women must be considered as a predicting factor of postpartum depression.

**Keywords:** Fatigue, Postpartum depression, Pregnancy

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