

**POSTPARTUM DEPRESSION AMONG HAUSA ETHNIC WOMEN  
IN ABUBAKAR TAFAWA BALEWA UNIVERSITY TEACHING  
HOSPITAL, NORTH EAST NIGERIA**

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**ABSTRACT**

Postpartum depression adversely affects the quality of mother's own life, her intimate partners, and maternal infant relationship with a significant long-term consequences on the social, emotional and cognitive development of the child. Hausa ethnic group constitutes the largest population in Nigeria, but records on postpartum depression and its sociodemographic associates are limited about this population. This research assessed the prevalence of postpartum depression and its associated sociodemographic variables among Hausa postpartum mothers attending Abubakar Tafawa Balewa University Bauchi, North East Nigeria. 175 Hausa postpartum mothers of children under 5 months old attending postnatal clinic were systematically sampled in a descriptive cross sectional design. Edinburgh postnatal depression scale (EPDS) was adopted to measure and screen postpartum depression. Descriptive statistics was employed for the analysis of categorical variables and chi-square for comparing association between sociodemographic counts with postpartum depression. The prevalence of postpartum depression among the respondents using EPDS was 45.7% at a cut off score of 10. When the cut of score was 12, the prevalence was 36.0% and at a more stringent score of 13, the prevalence was 28.0%. Marital status, employment and mode of delivery were associated with postpartum depression, while age and educational background were not. The study demonstrated that substantial number of Hausa postpartum mothers attending postnatal clinic in the hospital screened positive for postpartum depression. Obstetrics and Gynecology department should encouraged regular screening women for postpartum depression during their postnatal visits. This will ensure early diagnosis, referral of affected mothers and appropriate intervention.

**KEYWORDS:** Hausa Ethnic Group, Postpartum Depression