

**WALDEN UNIVERSITY**

*A higher degree. A higher purpose.*

**COLLEGE OF HEALTH SCIENCES**

**GLORIA M. DAVY**

**PUBLIC HEALTH DOCTORAL  
STUDENT**

# MAP SHOWING THE FIVE BOROUGHES OF NEW YORK CITY



# KEY

 **Manhattan**

 **Brooklyn**

 **Queens**

 **Bronx**

 **Staten Island**

# RESEARCH QUESTION#1

The study is guided by two research questions:

How is postpartum depression viewed among women of Caribbean immigrant background?

## RESEARCH QUESTION# 2

Is there a correlation between the onset of postpartum depression among women of Caribbean immigrant background and in - access to health insurance/health care, permanent housing, social support systems, and merely being an immigrant residing within the target area?

# INTRODUCTION

- ✚ Depression is almost twice likely to be diagnosed in women compared to men.
- ✚ Postpartum depression an even more pronounced factor in women's childbearing years.
- ✚ Postpartum depression is classified as a major public health issue that affects women from diverse cultures.

# INTRODUCTION CONT...

- ✚ Postpartum depression, if not treated, can result in morbidity and mortality.
- ✚ Research has shown that the need for a standard postpartum depression screening and care policy is of a high priority.
- ✚ Horowitz (2006), also indicated that there is “heightened postpartum depression awareness evidence proving that screening provides benefits to improve health outcomes yet, the enforcement of this needed policy is not yet in effect” (p. S23).

# METHODOLOGY

**Data will be obtained from:**

**+ Existing public records**

**+ Literature review**

**+ Survey questionnaires**

**+ In-depth interviews**



- ✚ Female Immigrant Mothers Between the Ages of 18 through 44 Years.
- ✚ Target population from Jamaica, Trinidad & Tobago, Haiti, Guyana, Barbados, Grenada, and the Dominican Republic.
- ✚ Given Birth to Baby Between 4 Through 8 Weeks Prior to The Study's Initiation.

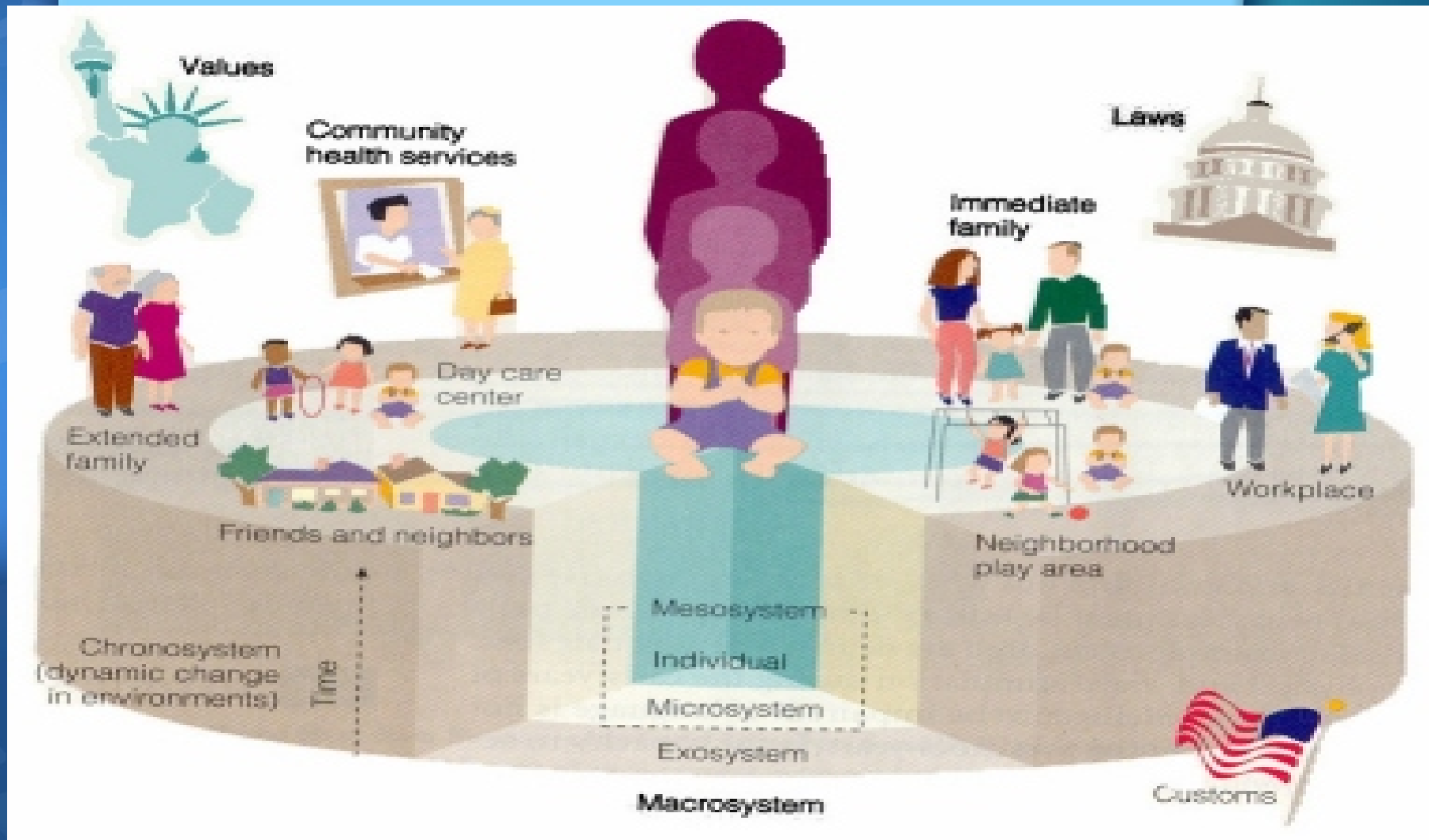
# TABLE 1: IMMIGRANTS RESIDING IN THE USA, NEW YORK CITY, BRONX, BROOKLYN, & QUEENS

<b>United States</b>	<b>35, 200,000</b>
<b>New York City</b>	<b>452,440</b>
<b>Bronx</b>	<b>385,827</b>
<b>Brooklyn</b>	<b>931,769</b>
<b>Queens</b>	<b>1 .028. 339</b>

## **TABLE II - POSTPARTUM DEPRESSION STATISTICS**

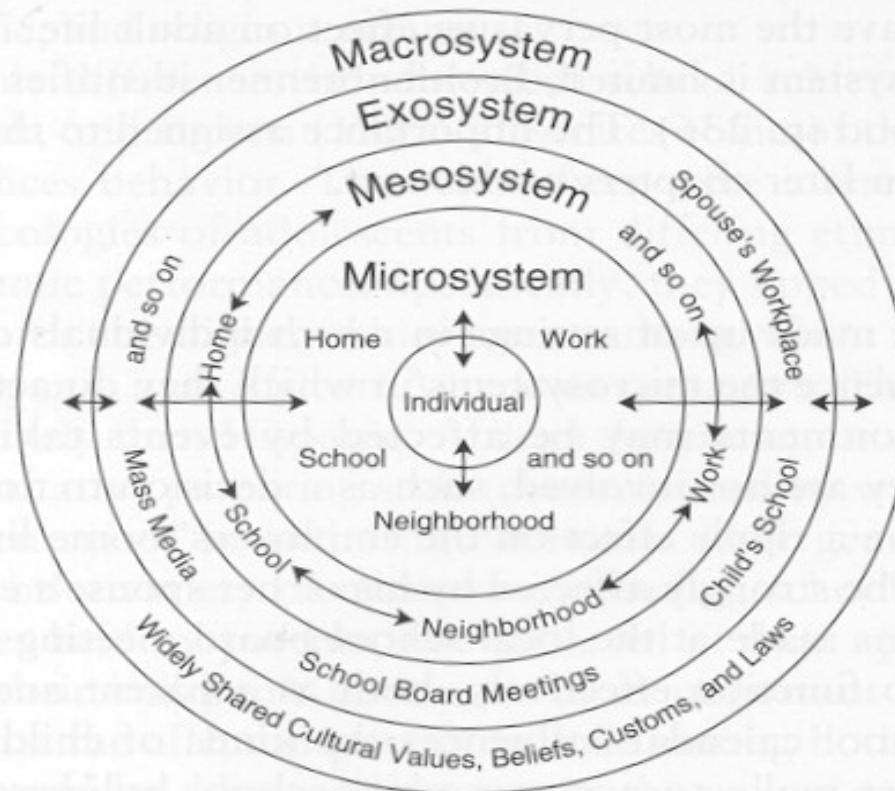
- ✚ Reported Prevalence of PPD 7% -26%.**
- ✚ From 4 Million Births Each Year In The United States, Approximately 1.6 Million Mothers Will Experience PPD During First Year of Delivery**
- ✚ Severe Depression Ranging From 6.5%-12.9%**

# THEORETICAL FRAMEWORK CONT...



# THEORETICAL FRAMEWORK CONT...

Figure 2.1 ♦ Topological Model of the Environment: A Schematic Diagram of the Levels of the Environment in Bronfenbrenner's (1979) Ecological Systems Theory



NOTE: Arrows across rings indicate reciprocal interactions at all levels.

# ASSUMPTIONS

- ✚ Several assumptions related to postpartum depression among Caribbean immigrant mothers residing within New York metropolitan area can be drawn such as factors relating to:
  - ✚ Negative public attitudes (social stigma) towards immigrants that might affect mental health
  - ✚ Separation issues such as cultural practices, family members, and other imperative factors.

# DISCUSSION

- ✚ One study linked the effectiveness of collaboration within the public health community (Israel et al., 1998).
- ✚ Postpartum depression research should be a collaborative effort, utilizing findings from different disciplines, numerous community members, organizational representatives, and incorporating a mixture of expertise to gain different perspectives to effect prevention and intervention measures.

# FINDINGS

- ✚ This study strive to identify gaps within postpartum depression among Caribbean immigrant mothers by identifying the barriers that prevent the target population from receiving needed postpartum related care and services.
- ✚ It is necessary to explore all postpartum depression measures based on the premise that this health issue cannot be targeted with a single strategy because of the complex factors that exist within postpartum depression criteria; Caribbean immigrant mothers' cultural beliefs, and other related issues.
- ✚ Many obstacles to postpartum depression care can be linked to limited access to health care, inadequate housing, and discrimination in social service settings and are areas to be explored.



## FINDINGS CONT...

- To fulfill the goal of educating new mothers about possible postpartum depression diagnosis before and after they are discharged from hospitals and other birthing related centers, it is essential to provide and reinforce gatekeepers such as physicians and mental health professionals with appropriate postpartum depression education.

# FINDINGS CONT...

- ✚ Language barriers

- ✚ Unemployment & underemployment

- ✚ Culture shock



- ✚ Merely being a female from a culture in which gender roles and values differ from those in the United States.

# RECOMMENDATIONS

- ✚ Certain themes might emerge across the spectrum of the groups.
- ✚ These contributing factors may present additional concerns with the result leading to severe depression.
- ✚ Additional studies for each cultural group would provide a deeper understanding of motivators and barriers regarding migration, postpartum depression, and the target population.

# LIMITATIONS

- ✚ Although the study can be effective, possible limitations such as biases might exist. These are:
- ✚ The short duration of this proposed study (six months)
- ✚ The study will address six Caribbean countries instead of a larger number (based on the diverse ethnic population within the target area).
- ✚ Undocumented women of Caribbean immigrant background were not willing to participate in the study (fearing deportation).

# RECOMMENDATIONS

- ✚ Health educators, researchers, and policy makers should reinforce the importance of training pediatric providers to identify mothers with depressive symptoms since some of the providers do not recognize mothers who are at a high risk for postpartum depression.

# REFERENCES

- Affonso, D.D., Horowitz, J.A., Mayberry, L.J. (2000). An international study exploring levels of postpartum depressive symptomatology. *Journal of Psychometrics Research* 49, 207-16.
- Ajzen, I. (1991). The theory of planned behavior. *Organizational Behavior and Human Decision Processes*, 50, p. 179-211.
- Heneghan, A.M., Silver, E.J., Bauman, L.J., & Stein, R.E.K. (2000). Do Pediatricians recognize mothers with depressive symptoms. *Pediatrics*, 106, (6), 1367-1373.
- Horowitz, J.A. (2006). Postpartum depression treatment rates for at-risk women. *Nursing Research*, 55, (Suppl 2) S23-S27.
- Israel, B., Schulz, A., Parker, E., & Becker, A. (1998). Review of community-based research: Assessing partnership approaches to improve public health. *Annual Review of Public Health*, 19, 173-202.

# REFERENCES CONT...

- Leopold, K.A., & Zoschnick, L.B. (2003). Women's primary health grand rounds at the University of Michigan: Postpartum depression. Retrieved April 5, 2005, from The OBGYN.net website. Available at: <http://www.obgyn.net//default.asp?page=Leopold>
- O'Hara, M.W., Swain, A.M. (1996). Rates and risk of postpartum depression: a meta-analysis. *Internal Review Psychiatry*, 8, 1, 37-54.
- Ray, K.L., & Hodnett, E.D. (2002). Caregiver support for postpartum depression (Cochrane Review). In *The Cochrane Library*, 2. Oxford: Update Software.
- Schorzman, J. Five Boroughs New York City Map (Online). Retrieved July, 1, 2006 from, [http://commons.wikimedia.org/wiki/Image:5\\_Boroughs\\_New\\_York\\_City\\_Map\\_Julius\\_Schorzman.png](http://commons.wikimedia.org/wiki/Image:5_Boroughs_New_York_City_Map_Julius_Schorzman.png)
- Spinelli, M (2004). Maternal Infanticide Associated with mental illness: Prevention and promise of saved lives. *The American Journal of Psychiatry*, 161, 1548-1557.
- U.S. Census Bureau (2000). United States Immigration and Naturalization Service, Department of Health and Human Services. Retrieved November 11, 2005 from, <http://www.census.gov/main/www.cen2000.html>

# STUDY

STILL IN PROGRESS ....

