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Maternal age and number of children are risk factors for depressive disorders in non-perinatal women of reproductive age

Neriman Aras, Elif Oral, Nazan Aydin, Mustafa Gulec

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Abstract

Objective: It remains unclear whether or not the vulnerability of depression in women of reproductive age related with pregnancy or perinatal period. In this study we determined the prevalence of depressive disorders and related factors in a large sample of non-perinatal women of reproductive age.

Method: This study involved 589 women of reproductive age. At baseline, socio-demographic data and premenstrual assessment forms were completed, and screening tests for the assessment of the severity of depressive symptoms were administered to all of the participants. Participants who had over scale scores of the cut-off point in the screening instruments were assessed with module A of the Structured Clinical Interview for DSM Disorders (SCID-I) to determine DSM IV Axis I disorders.

Results: The prevalence of depressive disorders was 32.8%. Depressive disorders had high rates in women who were married at younger ages and who had three or more children. Although the prevalence of depressive disorders was 32.8%, only 10.4% of the women had follow up and treatment in a psychiatric outpatient clinic.

Conclusion: Low education levels, early maternal age, and having more than three children and higher premenstrual symptom scores were risk factors for depressive disorders in non-perinatal reproductive age.

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