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Pregnancy outcome in depressive and gdm subjects in Bangladesh: A hospital based study

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Background and Aim: In Bangladesh the prevalence rate of depression in adults is 4.6%. Diabetes (7.4%) is also alarming but the actual prevalence rate of both diseases in pregnancy is still lacking, though they are common and result in serious consequences for mother and foetus. To our knowledge there has been a little research regarding this even in South Asia. This study tried to find out the outcome of pregnancy with depression and Gestational Diabetes Mellitus (GDM).

Method: A total of 748 pregnant women participated. They were followed up from their 1st visit to 1st week after delivery for at least 3 checkups. Depressive symptoms was scored following MADRS scale (0-12=not, 13-19=mildly, 20-34=moderately, 35-60=severely - depressed). Blood glucose was measured following WHO criteria. Delivery procedure, Birth weight and APGAR score at 1st and 5th minute were assessed for the neonate.

Results: Prevalence of depression among subjects was 12.69%. The rate was higher in GDM (n 366) (21.73%) than NGDM (n 382) subjects (7.73%). Over all mean depressive score was higher at 3 stages in GDM group. Rate of caesarean section, number of live birth, and birth weight was higher but APGAR score at 2 stages were lower in GDM group than NGDM. Mean age, parity and birth weight were higher but mean education years, mean APGAR scores at both time period was lower in depressed groups (all 3 stages) than non-depressed. Pregnant who were depressed specially in last trimester seem to have more rate of CS. There was significant association with depressive scores with gestational age and birth weight.

Conclusion: Elevated prevalence rate of depression in pregnancy which was greater than assumed. And pregnancy outcomes were strongly associated with GDM and Depression. Developing countries do not focus much on mental health but it is becoming ultimate necessity for future.

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