

Title: Depressive disorder in Tunisian women: Screening and prevalence of depression in a family planning service of a maternal and child protection center of Tunisia

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Depressive disorder in Tunisian women: Screening and prevalence of depression in a family planning service of a maternal and child protection center of Tunisia:

It is a cross-sectional epidemiological investigation among 138 Tunisian women aged between 18 and 49 years. They were consulting in a maternal and child protection center, which is a preventive and social medicine service of the Children Hospital of the Tunisian Capital. We aimed to study the prevalence of depressive disorders among women using the BDI-II translated in Arabic. This epidemiological study helped us to screen depressive persons and offer to them the adequate psychological and clinical care in time. Our sample has an average age of 31, 54% of them had a secondary school level. Most of the participants are married (98%) and housewives (69%). 31% are pregnant. Our study revealed that mild depression is predominant (46%), 26% had a moderate depression, 6% severe depression (13% suicidal thoughts and 3% suicide attempt). We also investigated their medical background and family history and socio-economic conditions to determine the factors risk. We found that: 29 % had a bad marital relationship, 35% had a bad economic situation, 24% had a predisposition to depression and 23% had no social/familial support. This study let us discover the prevalence of depressive disorder and offer the psychological support and care to the women diagnosed with mild, moderate and severe depression to help them improving their lifestyle to prevent depression. We also carried out a group sensitization to these women for a better mindfulness of depressive symptomatology and explained the importance to ask help with health/mental health providers to ensure a mental health well-being.

Biography

Abir JDEY is clinical psychologist and neuropsychologist practicing since 2011 in a Maternal and Child Protection Center, which is a preventive and social medicine service of Children Hospital of Tunis, Tunisia. She is a PhD student and a university teacher at Human and Social Sciences University of Tunis. She is also a trainer in Mental Health and Suicide Prevention. She was a clinical consultant with NGO Doctors of the World (2015-2019) with migrant population in Tunisia (psychological support and care).

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