Anxiety and depression among antepartum and immediate postpartum women admitted in OBG wards of selected hospitals of Gangtok, Sikkim

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Abstract

Introduction: Antepartum and immediate postpartum anxiety and depression is a major public health problem. The aim of the study was to assess the anxiety and depression among antepartum and immediate postpartum women.

Material and Methods: A descriptive comparative study was conducted among 80 women who were admitted in the selected hospitals of Gangtok, Sikkim undergone normal vaginal delivery. The samples were assessed during the last phase of antepartum period and same women were assessed during the immediate postpartum period (1-4 days) after normal vaginal delivery. The women were selected through purposive sampling technique and the tools used were demographic proforma, personal profile and standardized tool HAM-A and HAM-D. The collected data were analysed using descriptive and inferential statistical methods.

Result: The study found that level of anxiety during antepartum period, among the 25(31.2%) women were normal, 18(22.5%) women had mild anxiety, 27(33.8%) women had moderate anxiety and 10(12.5%) women had severe anxiety whereas in immediate postpartum period, 77(96.2%) women were normal, 1(1.3%) had mild anxiety and 2(2.5%) had moderate anxiety and none had severe anxiety. With regard to level of depression during antepartum period, 38(47.5%) were normal, 35(43.8%) had mild depression, 67(83.8%) had moderate depression and 1(1.2%) had severe depression whereas in immediate postpartum period 67(83.8%) were normal, 9(11.2%) had mild depression and 4(5%) had moderate depression and none had severe depression. The study reveals that there was a significant difference between level of anxiety and depression during antepartum and immediate postpartum period amongst the sample. The study also revealed that there was an association between urban residence with level of anxiety in antepartum women.

Conclusion: The present study concluded that out of 80 women 68.8% women had anxiety and 52.5% women had depression during their antepartum period whereas among the same 80 women only 3.8% of women had anxiety and 16.2% women had depression during their immediate postpartum period. Therefore, the level of anxiety needs to be identified early and more concern and proper counselling by the health care personnel should be provided during routine antenatal care to prevent any untoward pregnancy outcome.

Keywords: Anxiety, depression, antepartum, immediate postpartum women

Introduction

Pregnancy has been defined as a period of well-being that has allowed women to feel biologically complete supported their emotional well-being, caused enjoyment and fulfilment, and at the same time led to a moment to stress and related changes [1].

Globally, around 10% of women during pregnancy and 13% of women after a child birth experience mental disorders, particularly depression. The prevalence rates for mental disorders in developing countries are even higher with 15.6% during pregnancy and 19.8% during the postpartum period (WHO 2016) [2].

According to the National Mental Health Survey-2016, one in every ten persons in India suffers from depression and anxiety, and 20% of these depressed Indians are pregnant women and new mothers. (Indian Journal of Medical Specialties, 2019)

Anxiety and depression during pregnancy are the major health problem among reproductive aged women. Findings suggest the need for assessment of the risk for prenatal anxiety and symptoms of depression during each antenatal visit and take measures immediately to prevent and manage them [3].

The world Health Organization (WHO) estimates that the depressive disorders will be the second leading cause of global disease burden by 2020 (WHO 2002) [4].
Findings of different studies suggest the need for assessment of the risk for prenatal anxiety and symptoms of depression during each antenatal visit and take measures immediately to prevent and manage them.

**Material and Methods**

**Research approach**
A quantitative approach was adopted for this study.

**Research design**
A descriptive comparative research design was adopted with the intention of assessing the anxiety and depression during ante partum and their immediate postpartum period of women admitted in OBG wards of selected hospitals of Gangtok, Sikkim.

**Research Setting**
The study was conducted in selected hospitals of Gangtok, Sikkim.

**Result**

| Sl. No | Demographic Variable | Frequency (f) | Percentage (%) |
|--------|----------------------|---------------|----------------|
| 1.     | Age in years         |               |                |
|        | a. 19-27 years       | 45            | 56.2           |
|        | b. 28-36 years       | 34            | 42.5           |
|        | c. 37-45 years       | 1             | 1.3            |
| 2      | Age at marriage (in years) |           |                |
|        | a. 19-27 years       | 65            | 81.2           |
|        | b. 28-36 years       | 15            | 18.8           |
|        | c. 37-45 years       | 0             | 0              |
| 3      | Religion             |               |                |
|        | a. Hindu             | 60            | 75             |
|        | b. Muslim            | 0             | 0              |
|        | c. Buddhist          | 10            | 12.5           |
|        | d. Christian         | 10            | 12.5           |
|        | e. Any other         | 0             | 0              |
| 4      | Place of residence   |               |                |
|        | a. Rural             | 43            | 53.8           |
|        | b. Urban             | 37            | 46.2           |
| 5      | Marital status       |               |                |
|        | a. Married           | 80            | 100            |
|        | b. Unmarried         | 0             | 0              |
| 6      | Educational qualification |         |                |
|        | a. Below secondary   | 52            | 65             |
|        | b. Above secondary   | 28            | 35             |
|        | c. No formal education | 0            | 0              |
| 7      | Occupation           |               |                |
|        | a. House maker       | 61            | 76.2           |
|        | b. Government employee | 16           | 20             |
|        | c. Private employee  | 3             | 3.8            |
|        | d. Any other         | 0             | 0              |
| 8      | Income per month (in Rs) |       |                |
|        | a. ≤10,000           | 64            | 80             |
|        | b. 10,000-20,000     | 6             | 7.5            |
|        | c. 20,000-35,000     | 10            | 12.5           |
|        | d. 35,001 and above  | 0             | 0              |
| 9      | Type of family       |               |                |
|        | a. Joint             | 45            | 56.2           |
|        | b. Nuclear           | 35            | 43.8           |
|        | c. Extended          | 0             | 0              |
| 10     | Family support system|               |                |
|        | a. Supportive        | 66            | 82.5           |

**Population**
The population in the present study consists of women during antepartum and their immediate postpartum (1-4 days) period, admitted in OBG wards of selected Hospitals of Gangtok, Sikkim.

**Sample, Sample size and Sampling technique**
The sample for the study consisted of 80 women during antepartum period and their immediate postpartum period that were selected by using non-probability purposive sampling technique.

**Data collection tools and techniques**
Questionnaire on demographic proforma (11 items on demographic information), personal profile (10 items on personal information) and standardized tool HAM-A and HAM-D to assess anxiety and depression had been administered among women during antepartum and their immediate postpartum period.
### Table 2: Frequency and percentage distribution of personal profile of women N=80

| Sl. No | Personal profile | Frequency (f) | Percentage (%) |
|--------|------------------|---------------|----------------|
| 1.     | Pregnancy status |               |                |
| a.     | Planned          | 71            | 88.8           |
| b.     | Unplanned        | 9             | 11.2           |
| 2      | Number of living children | | |
| a.     | Yes              | 25            | 31.2           |
| b.     | No               | 55            | 68.8           |
| 3      | Current week of pregnancy | | |
| a.     | 27-33 weeks      | 0             | 0              |
| b.     | 34-40 weeks      | 80            | 100            |
| 4      | Any history of miscarriage | | |
| a.     | Yes              | 0             | 0              |
| b.     | No               | 80            | 100            |
| 5      | History of depression | | |
| a.     | Yes              | 0             | 0              |
| b.     | No               | 80            | 100            |
| 6      | History of anxiety | | |
| a.     | Yes              | 0             | 0              |
| b.     | No               | 80            | 100            |
| 7      | Any history of anxiety in family | | |
| a.     | Yes              | 0             | 0              |
| b.     | No               | 80            | 100            |
| 8      | Any history of depression in family | | |
| a.     | Yes              | 0             | 0              |
| b.     | No               | 80            | 100            |
| 9      | History of alcohol consumption | | |
| a.     | Yes              | 0             | 0              |
| b.     | No               | 80            | 100            |
| 10     | History of substance abuse | | |
| a.     | Yes              | 0             | 0              |
| b.     | No               | 80            | 100            |

**Fig 1:** Level of anxiety among women during antepartum and immediate postpartum period N=80
The comparison of the level of anxiety of the women during antepartum and immediate postpartum period was done using paired t test which revealed that (t=12.37, df=79, p value=0.001). It indicates that there is statistically high significant difference between level of anxiety during antepartum and immediate postpartum period.

The comparison of the level of depression of the women during antepartum and immediate postpartum period was done using paired t test which revealed that (t=6.219, df=79, p value=0.001). It indicates that there is statistically high significant difference between level of depression during antepartum and immediate postpartum period.

| Table 5: Association between level of anxiety among antepartum women with their socio-demographic variables N=80 |
|--------------------------------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Demographic Variable                           | Normal | Mild | Moderate | Severe | Chi square | df   | p value |
| Age in years                                    |        |      |          |        |            |      |         |
| a. 19-27 years                                  | 14     | 7    | 18       | 6      |             |      |          |
| b. 28-36 years                                  | 11     | 11   | 8        | 4      | 6.021       | 6    | 0.421 NS |
| c. 37-45 years                                  | 0      | 0    | 1        | 0      |             |      |          |
| Age at marriage (in years)                      |        |      |          |        |            |      |         |
| a. 19-27 years                                  | 20     | 16   | 22       | 7      |             |      |          |
| b. 28-36 years                                  | 5      | 2    | 5        | 3      | 1.547       | 3    | 0.672 NS |
| c. 37-45 years                                  | 0      | 0    | 0        | 0      |             |      |          |
| Religion                                         |        |      |          |        |            |      |         |
| a. Hindu                                        | 17     | 12   | 22       | 9      |             |      |          |
| b. Muslim                                       | 2      | 4    | 3        | 1      | 7.122       | 6    | 0.310 NS |
| c. Buddhist                                     | 6      | 2    | 2        | 0      |             |      |          |
| d. Christian                                    | 0      | 0    | 0        | 0      |             |      |          |
| Place of residence                              |        |      |          |        |            |      |         |
| a. Rural                                        | 17     | 13   | 13       | 0      | 16.47       | 3    |          |
| b. Urban                                        | 8      | 5    | 14       | 10     |             |      | 0.001* |
| Marital status                                  |        |      |          |        |            |      |         |
| a. Married                                      | 25     | 18   | 27       | 10     |             |      |          |
| b. Unmarried                                    | 0      | 0    | 0        | 0      |             |      | NA      |
| Educational qualification                      |        |      |          |        |            |      |         |
| a. Below secondary                              | 13     | 12   | 20       | 7      |             |      |          |
| b. Above secondary                              | 12     | 6    | 7        | 3      | 2.966       | 3    | 0.397 NS |
| c. No formal education                          | 0      | 0    | 0        | 0      |             |      |          |
| Occupation                                      |        |      |          |        |            |      |         |
| a. House maker                                  | 17     | 13   | 23       | 8      |             |      |          |
| b. Government employee                         | 6      | 4    | 4        | 2      | 3.918       | 6    | 0.688 NS |
The association between level of anxiety during antepartum period with their demographic variables was tested by using chi square test at 0.05 level of significance. The demographic variables such as age in years, age at marriage, religion, marital status, education, occupation, income per month, type of family, family support system, spouse support system, pregnancy status and number of children was not significantly found association with level of anxiety among antepartum women except place of residence.

Table 6: Association between level of anxiety among immediate postpartum women with their socio-demographic variables N=80

| Demographic Variable              | Normal | Mild | Moderate | Chi value | df | p value |
|----------------------------------|--------|------|----------|-----------|----|---------|
| **Age in years**                 |        |      |          |           |    |         |
| a) 19-27 years                   | 43     | 1    | 1        | 0.849     | 4  | 0.932 NS|
| b) 28-36 years                   | 33     | 0    | 1        |           | 2  | 0.194 NS|
| c) 37-45 years                   | 1      | 0    | 0        |           | 1  | 0.407 NS|
| **Age at marriage (in years)**   |        |      |          |           |    |         |
| a) 19-27 years                   | 62     | 1    | 2        |           | 2  | 0.240 NS|
| b) 28-36 years                   | 15     | 0    | 2        |           | 2  | 0.221 NS|
| c) 37-45 years                   | 0      | 0    | 0        |           | 1  | 0.627 NS|
| **Religion**                     |        |      |          |           |    |         |
| a) Hindu                         | 57     | 1    | 2        |           | 2  | 0.240 NS|
| b) Muslim                        | 10     | 0    | 0        | 1.039     | 4  | 0.384 NS|
| c) Buddhist                      | 10     | 0    | 0        |           | 2  | 0.627 NS|
| d) Christian                     | 0      | 0    | 0        |           | 1  | 0.627 NS|
| **Place of residence**           |        |      |          |           |    |         |
| a) Rural                         | 42     | 1    | 0        | 3.204     | 2  | 0.201 NS|
| b) Urban                         | 35     | 0    | 2        |           | 2  | 0.240 NS|
| **Marital status**               |        |      |          |           |    |         |
| a) Married                       | 77     | 1    | 2        | NA        |    |         |
| b) Unmarried                     | 0      | 0    | 0        |           | 1  | 0.240 NS|
| **Educational qualification**    |        |      |          |           |    |         |
| a) Below secondary               | 49     | 1    | 2        | 2         | 2  | 0.240 NS|
| b) Above secondary               | 28     | 0    | 3        | 1.678     | 4  | 0.432 NS|
| c) No formal education           | 0      | 0    | 0        |           | 1  | 0.240 NS|
| **Occupation**                   |        |      |          |           |    |         |
| a) House maker                   | 58     | 1    | 2        |           | 2  | 0.240 NS|
| b) Government employee           | 16     | 0    | 0        | 0.971     | 4  | 0.914 NS|
| c) Private employee              | 3      | 0    | 0        |           | 1  | 0.240 NS|
| d) Any other                     | 0      | 0    | 0        |           | 1  | 0.240 NS|
| **Income per month (in Rs)**     |        |      |          |           |    |         |
| a) ≤10,000                       | 22     | 13   | 7        |           | 13 | 0.026 NS|
| b) 10,001-20,000                 | 2      | 1    | 3        | 0         | 2  | 0.013 NS|
| c) 20,001-35,000                 | 1      | 4    | 2        | 3         | 4  | 0.506 NS|
| d) 35,001 and above              | 0      | 0    | 0        | 0         | 1  | 0.240 NS|
| **Type of family**               |        |      |          |           |    |         |
| a) Joint                         | 14     | 10   | 6        |           | 6  | 0.054 NS|
| b) Nuclear                       | 11     | 8    | 5        | 1.262     | 3  | 0.136 NS|
| c) Extended                      | 0      | 0    | 0        |           | 1  | 0.240 NS|
| **Family support system**        |        |      |          |           |    |         |
| a) Supportive                    | 21     | 15   | 22       | 8         | 15 | 0.263 NS|
| b) Satisfactory                  | 3      | 3    | 5        | 2         | 3  | 0.013 NS|
| c) Not supportive                | 1      | 0    | 0        | 0         | 1  | 0.240 NS|
| **Spouse support system**        |        |      |          |           |    |         |
| a) Supportive                    | 21     | 16   | 24       | 10        | 16 | 0.304 NS|
| b) Satisfactory                  | 3      | 2    | 3        | 0         | 2  | 0.013 NS|
| c) Not supportive                | 1      | 0    | 0        | 0         | 1  | 0.240 NS|
| **Pregnancy status**             |        |      |          |           |    |         |
| a) Planned                       | 22     | 15   | 24       | 10        | 15 | 0.295 NS|
| b) Unplanned                     | 3      | 3    | 3        | 0         | 3  | 0.013 NS|
| **Number of living children**    |        |      |          |           |    |         |
| a) Yes                           | 9      | 9    | 4        | 3         | 9  | 0.085 NS|
| b) No                            | 16     | 9    | 23       | 7         | 23 | 0.432 NS|

*p<0.05 level of significance
NS-Non significant
The association between level of anxiety during immediate postpartum period with their demographic variables was tested by using chi square test at 0.05 level of significance. There was no significant association between level of anxiety and their demographic variables.

**Table 7: Association between level of depression among antepartum women with their socio-demographic variables N=80**

| Demographic Variable | Normal | Mild | Moderate | Severe | Chi value | df | p value |
|----------------------|--------|------|----------|--------|-----------|----|---------|
| Age in years         |        |      |          |        |           |    |         |
| a) 19-27 years       | 23     | 19   | 2        | 1      |           |    |         |
| b) 28-36 years       | 14     | 16   | 4        | 0      | 3.774     | 6  | 0.707 NS|
| c) 37-45 years       | 1      | 0    | 0        | 0      |           |    |         |
| Age at marriage (in years) |        |      |          |        |           |    |         |
| a) 19-27 years       | 31     | 27   | 6        | 1      |           |    |         |
| b) 28-36 years       | 7      | 8    | 0        | 0      | 2.006     | 3  | 0.571 NS|
| c) 37-45 years       | 9      | 0    | 0        | 0      |           |    |         |
| Religion              |        |      |          |        |           |    |         |
| a) Hindu              | 27     | 27   | 5        | 1      |           |    |         |
| b) Muslim             | 5      | 5    | 0        | 0      | 2.186     | 6  | 0.902 NS|
| c) Buddhist           | 6      | 3    | 1        | 0      |           |    |         |
| d) Christian          | 0      | 0    | 0        | 0      |           |    |         |
| Place of residence    |        |      |          |        |           |    |         |
| a) Rural              | 17     | 23   | 2        | 1      | 5.124     | 6  | 0.163 NS|
| b) Urban              | 21     | 12   | 4        | 0      |           |    |         |
| Marital status        |        |      |          |        |           |    |         |
| a) Married            | 38     | 35   | 6        | 1      |           |    |         |
| b) Unmarried          | 0      | 0    | 0        | 0      | NA        |    |         |
| Educational qualification |        |      |          |        |           |    |         |
| a) Below secondary    | 25     | 24   | 3        | 0      |           |    |         |
| b) Above secondary    | 13     | 11   | 3        | 1      | 2.657     | 3  | 0.448 NS|
| c) No formal education| 0      | 0    | 0        | 0      |           |    |         |
| Occupation            |        |      |          |        |           |    |         |
| a) House maker        | 27     | 28   | 5        | 1      |           |    |         |
| b) Government employee| 9      | 6    | 1        | 0      | 1.516     | 6  | 0.958 NS|
| c) Private employee   | 2      | 1    | 0        | 0      |           |    |         |
| d) Any other          | 0      | 0    | 0        | 0      |           |    |         |
| Income per month (in Rs) |        |      |          |        |           |    |         |
| a) ≤10,000            | 33     | 26   | 4        | 1      |           |    |         |
| b) 10,001-20,000      | 2      | 3    | 1        | 0      | 3.060     | 6  | 0.801 NS|
| c) 20,001-35,000      | 3      | 6    | 1        | 0      |           |    |         |
| d) 35,001 and above   | 0      | 0    | 0        | 0      |           |    |         |
| Type of family        |        |      |          |        |           |    |         |

*p<0.05 level of significance
NS-Non significant
The association between level of depression during antepartum period with their demographic variables was tested by using chi square test at 0.05 level of significance. There was no significant association between level of depression and their demographic variables.

Table 8: Association between level of depression among immediate postpartum women with their Socio- demographic variables N=80

| Demographic Variable | Normal | Mild | Moderate | Chi value df | p value |
|----------------------|--------|------|----------|--------------|---------|
| Age in years         |        |      |          |              |         |
| a) 19-27 years       | 35     | 7    | 3        |              |         |
| b) 28-36 years       | 31     | 2    | 1        | 2.760        | 4 0.599 NS |
| c) 37-45 years       | 1      | 0    | 0        |              |         |
| Age at marriage (in years) |        |      |          |              |         |
| a) 19-27 years       | 52     | 9    | 4        |              |         |
| b) 28-36 years       | 15     | 0    | 0        | 3.582        | 2       |
| c) 37-45 years       | 0      | 0    | 0        |              |         |
| Religion             |        |      |          |              |         |
| a) Hindu             | 50     | 6    | 4        |              |         |
| b) Muslim            | 7      | 3    | 0        | 6.209        | 4 0.184 NS |
| c) Buddhist          | 10     | 0    | 0        |              |         |
| d) Christian         | 0      | 0    | 0        |              |         |
| Place of residence   |        |      |          |              |         |
| a) Rural             | 35     | 7    | 1        | 3.482        | 2 0.175 NS |
| b) Urban             | 32     | 2    | 3        |              |         |
| Marital status       |        |      |          |              |         |
| a) Married           | 67     | 9    | 4        |              | NA      |
| b) Unmarried         | 0      | 0    | 0        |              |         |
| Educational qualification |        |      |          |              |         |
| a) Below secondary   | 44     | 4    | 4        |              |         |
| b) Above secondary   | 23     | 5    | 0        | 3.839        | 2 0.147 NS |
| c) No formal education | 0      | 0    | 0        |              |         |
| Occupation           |        |      |          |              |         |
| a) House maker       | 50     | 8    | 3        |              |         |
| b) Government employee | 14     | 1    | 1        | 1.227        | 4 0.874 NS |
| c) Private employee  | 3      | 0    | 0        |              |         |
| d) Any other         | 0      | 0    | 0        |              |         |
| Income per month (in Rs) |        |      |          |              |         |
| a) ≤10,000           | 52     | 8    | 4        |              |         |
| b) 10,001-20,000     | 5      | 1    | 0        | 2.734        | 4 0.603 NS |
| c) 20,001-35,000     | 10     | 0    | 0        |              |         |
| d) 35,001 and above  | 0      | 0    | 0        |              |         |
| Type of family       |        |      |          |              |         |
| a) Joint             | 37     | 6    | 2        |              |         |
| b) Nuclear           | 30     | 3    | 2        | 0.489        | 2 0.783 NS |
| c) Extended          | 0      | 0    | 0        |              |         |
| Family support system|        |      |          |              |         |
| a) Supportive        | 54     | 8    | 4        |              |         |

*p<0.05 level of significance  
NS-Non significant
There was no significant association between level of depression and their demographic variables.

**Discussion**
These findings of the present study are consistent to the findings reported by Silwa Muna *et al.*[^3] where 8% of the subjects had severe level of anxiety, 22% had moderate and 70% had mild level of anxiety. The findings of the present study are similar to the findings reported by Priyambada Krishna *et al.*[^5] which finds a significantly higher antenatal anxiety during third trimester of pregnancy. The findings of the study are inconsistent with the findings of the study of Rahila Ghaffar, Qaiser Iqbal, Adnan Khalid, Fahad Saleem *et al.*[^6] which depicted that urban pregnant women were suffering from anxiety and depression. The findings of the study are inconsistent with the findings of the study of Priya Adity, Chaturvedi Sanjay *et al.*[^7] which depicted that 25.5% and 63% antenatal women from urbanized village.

**Conclusion**
The present study concluded that 68.8% women had anxiety during antepartum period and 3.8% women had anxiety during immediate postpartum period whereas 52.5% women had depression during antepartum period and 16.2% women had depression during immediate postpartum period. Therefore, there is a need to incorporate screening for anxiety and depression in antenatal period and providing practical support to women during pregnancy. Pregnancy-related anxiety must be identified early during routine antenatal care to prevent any untoward pregnancy outcomes.

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