

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

Pacific Island women in NZ have high rates of antenatal depressive symptoms

This study included 5,657 pregnant NZ women, 727 of whom identified as Pacific Island.¹ Participants received the Edinburgh Depression scale where a score of ≥ 13 indicates significant symptoms of antenatal depression (ADS).

Pacific women had significantly higher rates of ADS than non-Pacific women, with 23% of pregnant Pacific women experiencing ADS vs 7.9% in European women.

Factors associated with ADS included age < 25 years, moderate to severe nausea during pregnancy, perceived stress and family stress. One in three Pacific women aged < 25 years experienced ADS.

Having a GP pre-pregnancy was protective. Unplanned pregnancy was not a significant risk factor and there were no significant differences between specific Pacific ethnic groups. Being in a supportive relationship and having a strong sense of belonging to either Pacific and/or NZ culture were significantly associated with lower rates of ADS.

The Gem has been reviewed by Dr Lisa Underwood.

Reference:

1. Antenatal depression symptoms in Pacific women: evidence from Growing Up in New Zealand. J Prim Health Care (2019) [View here](#)

[Click here](#) to view more Gems



Tweet



Share



Forward

the Goodfellow Unit presents Red Whale's GP Update

Red Whale



2020 Red Whale
update is in
September

[View here](#)

If this email was forwarded to you and you would like to automatically receive Goodfellow Gems [Click here](#).

Copyright © 2020 Goodfellow Unit, All rights reserved.

You are receiving this email because you opted in when you joined www.goodfellowunit.org

Our mailing address is:

Goodfellow Unit
University of Auckland, Grafton Campus, Bldg 507
22-30 Park Ave, Grafton,
Auckland, Auckland 1023
New Zealand