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**METHODS OF DIAGNOSING POST-PARTUM DEPRESSION IN NIGERIA**

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**Introduction.** Postpartum depression occurs in 15% to 25% of women who have recently given birth in Nigeria, but fewer cases are reported due to lack of early diagnosing. Postpartum depression is a depressive episode or depressed mood that occurs within four weeks of child birth. It is characterized by irritability, sleep and appetite disturbance, feeling of worthlessness and suicidal thought.

**Materials and methods.** A research study was made on 95 pregnant women after delivery at Trust care hospital in Abuja, Nigeria. July 2016. Blood samples were collected from all to check for levels of reproductive hormones. A self-assessment test by Edinburgh Postnatal Depression Scale (EPDS) was also performed as method of early diagnosis.

**Results.** After a normal routine Evaluation: Post 4 weeks after delivery. 4 women were indicated for probable PPD with a score ≥12 of Edinburgh Postnatal Depression Scale. A dramatic decrease in Oxytocin, Estradiol and progesterone were seen in 5 cases.15 women were reported with significant increase in thyroxin. 11 cases of women with decrease in plasma prolactin were found. 3 cases were reported with signs of PPD showing major symptoms such as anxiety, sleep and appetite disturbance, suicidal thoughts and feeling of guilt.

**Conclusion.** Postpartum depression in Nigeria is rampant due to patient not returning to health centers after having major or light symptoms in PPD, most women are very ignorant of this illness and are unaware when it exacerbates. Improvement in clinical outcomes requires enhanced care that ensures adequate treatment and follow-up.