

Causes and Coping Mechanisms of Postpartum Depression: Perspectives of Jordanian Mothers in a Qualitative Study

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Abstract:

Background: Postpartum depression is a global public health problem with different prevalence in various parts of the world. The current study aims to investigate the causes of PPD and coping strategies among Jordanian women concerning culturally specific practices.

Method: A qualitative descriptive phenomenological approach was utilized to describe Jordanian women's experiences regarding PPD. Thirteen women diagnosed with PPD participated in semi-structured interviews conducted between July and August 2024. Data were analyzed using thematic analysis to identify key themes and sub-themes.

Findings: The leading causes for PPD, as perceived by Jordanian mothers, were biological and physical, psychosocial stressors, lack of social support, and fear of the unknown. Coping strategies identified in women included personal coping strategies, seeking social support, professional help and religious and cultural Support.

Conclusion: Adapted interventions in the management of PPD. The integration of professional mental health services with culturally specific practices will provide better support to Jordanian women. Further work is needed to translate these findings into public health initiatives and community-based support services for improving outcomes in women suffering from PPD in Jordan.

Keywords:

Coping mechanisms, Causes, Postpartum depression, Jordan.