

**ANXIETY AND DEPRESSION LEVEL AMONG
PREGNANT WOMEN IN AN OBSTETRICS AND
GYNAECOLOGY CLINIC IN HOSPITAL
UNIVERSITI SAINS MALAYSIA (HOSPITAL USM)**

by

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**Dissertation submitted in partial fulfilment of the
requirements for the degree of
Bachelor of Health Sciences (Nursing)**

June 2013

DECLARATION

I certify that this thesis does not incorporate without acknowledgement any material previously submitted for a degree or diploma in any university; and that to the best of my knowledge and belief it does not contain any material previously published or written by another person except where due reference is made in the text.

.....


27 Jun 2013

[Nor Hashimah binti Tekat]

CERTIFICATE

This is to certify that the dissertation entitled Anxiety and Depression Level among Pregnant Women in an Obstetrics and Gynaecology Clinic in Hospital Universiti Sains Malaysia (HUSM) is the bonafide record of research work done by Nor Hashimah binti Tekat, Matric Number: 105134 during the period of July 2009 to June 2013 under my supervision. This dissertation submitted in partial fulfillment for the degree of Bachelor of Health Sciences (Nursing). Research work and collection of data belong to Universiti Sains Malaysia.

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LIST OF ABBREVIATIONS

HADS	Hospital Anxiety and Depression Scale
HUSM	Hospital Universiti Sains Malaysia
Pers-Psych	Personal history of depression
FamPsych	History of depression or anxiety in first degree relatives
PMS	Personal history of mood symptoms related to the menstrual cycle
CORT	Plasma Cortisol
PROG	Plasma Progesterone
BSI	Brief Symptom Inventory
ANX	Anxiety
OC	Obsessive-Compulsive
PHOB	Phobic Anxiety
DEP	Depression
ADD	Additional Items
EPDS	Edinburgh Postnatal Depression Scale
HAMD	Hamilton Rating Scale for Depression
SPSS	Statistical Package Social Science
SD	Standard Deviation
ANOVA	Analysis of Variance

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ABSTRACT

Anxiety and depression are mood changes that occur during pregnancy. The level of anxiety and depression of pregnant women may influence by the socio-demographic and clinical factors. A cross-sectional study conducted to determine the effect of socio-demographic and clinical factors during pregnancy period on anxiety and depression levels of the pregnant women. Data collected using self-administered questionnaire. The anxiety and depression level investigated using Hospital Anxiety and Depression Scale (HADS). 120 pregnant women that received treatment in antenatal clinic were recruited as respondents. Statistical analysis carried out using SPSS program Version 20. Majority (89.0%) of all respondents was suffering from severe anxiety while a few respondents had mild anxiety (5.0%). 35.0% of respondents reported had mild depression, in which only 23.3% of respondents were having severe depression. The data were assessed using frequency, percentages, standard deviations, Independent *t* test and One Way ANOVA test. The result showed no association between socio-demographic and clinical factors with the level of anxiety and depression among pregnant women with value of $p < 0.05$. There was no positive correlation between socio-demographic and clinical factors with the level of anxiety and depression during pregnancy. The information on the level of anxiety and depression among pregnant women was important in order to help them improve their emotional and psychological health throughout the pregnancy.

**TAHAP KEBIMBANGAN DAN KEMURUNGAN DALAM KALANGAN WANITA
MENGANDUNG YANG MENERIMA RAWATAN DI KLINIK OBSTETRIK DAN
GINEKOLOGI DI HOSPITAL UNIVERSITI SAINS MALAYSIA (HOSPITAL
USM)**

ABSTRAK

Kebimbangan dan kemurungan adalah perubahan mood yang berlaku semasa mengandung. Tahap kebimbangan dan kemurungan wanita mengandung boleh dipengaruhi oleh sosio-demografi dan faktor-faktor klinikal. Satu kajian rentas dijalankan untuk menentukan kesan sosio-demografi dan faktor-faktor klinikal dalam tempoh kehamilan terhadap tahap kebimbangan dan kemurungan wanita hamil. Data dikumpul dengan menggunakan soalan soal selidik. Tahap kebimbangan dan kemurungan disiasat menggunakan Skala Kebimbangan dan Kemurungan di Hospital (HADS). 120 wanita mengandung yang menerima rawatan di klinik antenatal telah diambil sebagai responden. Analisis dijalankan dengan menggunakan SPSS Versi 20. Majoriti (89.0%) daripada semua responden mengalami kebimbangan yang teruk manakala beberapa responden mempunyai kebimbangan sederhana (5.0%). Terdapat 35.0% daripada responden mempunyai kemurungan sederhana, di mana hanya 23.3% daripada responden mempunyai kemurungan yang teruk. Data yang dinilai menggunakan kekerapan, peratusan, sisihan piawai, ujian *t* dan ujian ANOVA. Keputusan yang terdapat dalam kajian ini menunjukkan tiada kaitan antara sosio-demografi dan faktor-faktor klinikal dengan tahap kebimbangan dan kemurungan dalam kalangan wanita hamil dengan nilai $p < 0.05$. Tidak ada korelasi positif antara sosio-demografi dan faktor-faktor klinikal dengan tahap kebimbangan dan kemurungan semasa mengandung. Maklumat mengenai tahap kebimbangan dan

kemurungan dalam kalangan wanita hamil adalah penting dalam usaha untuk membantu mereka meningkatkan kesihatan emosi dan psikologi mereka sepanjang kehamilan.