**CARTA publications summary (E-digests)**

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# Title of Paper: Perception of mothers and informal maternity care givers regarding maternal depression in two communities in Ibadan

**Link to your paper:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6152900>

1. **What background information would someone who is completely unfamiliar with your field need to know to understand the findings in your paper? (Suggested word limit: 150 words)**

Maternal depression is a prevailing health condition in Nigeria but clinic based help is not very much sought for it. This study explored what mothers and informal maternity care givers who are male partners, grandmothers and traditional birth attendants think or know about maternal depression. The findings show that they had facts and misconception about the condition and that public enlightenment is needed.

1. **What exact research question did you set out to answer and why? (Suggested word limit: 75 words)**

What is the perception of mothers and informal maternity care givers about maternal depression? This question is a build-up upon the fact stated by Kleiman 1981 explanatory model which explains the need for understating the perception of patients and their care givers about a disease condition. This question is very important in order for health workers to know the fact and the misconceptions people have about maternal depression, what name they call it, what prevents them from seeking hospital based help, what help they seek.

1. **What are the most important findings of your paper? (Suggested word limit: 100 words)**

This study was carried out among pregnant women, nursing mothers, men of reproductive age, mothers-in-law and Community Birth Attendants in the Yoruba community of the south-west Nigeria. The most important findings of the paper is the misconception about maternal depression. It was perceived by the informal care givers that maternal depression exists and has spiritual causes. It also reveals that health seeking for pregnant women and nursing mothers is co-decided with partners or mother in law or community birth attendants in the south-west region of Nigeria. Hence, health education should target them all.

1. **Who might eventually benefit from the findings of your study, and what would need to be done before we could achieve these benefits? (Suggested word limit: 75 words)**

This finding of this research provides information to health program planners and to the health workers on how not to educate only mothers but to include their care givers (who have a say in the health seeking of pregnant women) about maternal depression. The findings are also of benefits to health workers to improve on their clinic based health education and also the need to do health education beyond clinic to reach the public.

*After you have answered the questions, re-read the general instructions and specific tips under each question, and then edit your answers. If possible, ask someone from outside your field, such as friend with a non-scientific background, to read your answers and help you identify any answers that are unclear or lacking in detail.*