

## Robust Methodological Studies: Need of an hour for Postpartum Depression in Nepal

Dear Editor,

I have carefully read the article entitled “Factors associated with postpartum depression among mothers visiting a university hospital in western Nepal” by Priyanka et al. published in Journal of B. P. Koirala Institute of Health Sciences [1].

In the article the prevalence of post-partum depression (PPD) was found to be comparatively higher than other studies. The author has pointed out the PPD was associated with nuclear family, husband consuming alcohol and preference of a boy child and negatively associated with planned pregnancy, vaginal delivery, male baby and presence of husband throughout the pregnancy. However, authors have excluded participants of migration which is beyond my understanding as migration (internal or external), country of migration was found to be associated with PPD. This could have added more value in terms of understanding PPD among woman especially in western part of Nepal where their husbands migrate for jobs and earnings in India and the Gulf countries.

The study was a tertiary care institutional based cross-sectional study. In my opinion, this could have led to some sorts of selection bias known as Berkson’s bias as the participants were selected from only a small subgroup of population which could lead to distortion in odd’s ratio. Conducting analytical cross-sectional study (period prevalence study) comparing the subset of participants in hospital and community could have given fair comparison.

The authors have highlighted that for the diagnosis of PPD Edinburgh Post-Partum Depression Scale (EPDS) was used and validated in different cultural setting including Nepal. However, these days the process of validation has started in different setting in own country as there is evidence of geographic and socioeconomic variation. The authors have not mentioned clearly in the study regarding the place where the validation was done as the cultural context varies in different part of the country itself.

Purposive sampling technique was used to select the number of participants. However, if random sampling could have considered it could have given

more weightage in generalizability of the findings.

Overall, the paper mentioned about the prevalence of PPD and its positive and negative associated factors for a one period of time in tertiary health care institution in western Nepal. However, if case control or cohort studies could be conducted for PPD that will add more values in estimating the association and causality between exposure and outcome in future days.



**Prajwal Pyakurel**

prajjwal.pyakurel@bпкиhs.edu



<https://orcid.org/0000-0001-5860-9482>

Assistant Professor, B.P. Koirala Institute of Health Sciences, Dharan, Nepal

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### Declarations

The author declares that he has no conflict of interest.

### References

1. Priyanka J, Shrestha S, Ranjan S, Kumar A, Chhetri P. Factors associated with postpartum depression among mothers visiting a university hospital in western Nepal. JBPKIHS. 2022;5(2):4-9. DOI: 10.3126/jbпкиhs.v5i2.47052.