



Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Postpartum Psychosis Among Antenatal Mother's Admitted In Antenatal Unit At Selected Hospital

¹Dr. Imran M Sayyad, M.Sc. Nursing, DR. V.V.P.F. College of Nursing, Ahilyanagar.

²Dr. Nitin B. Nirmal , Assistant Professor, Dr. V.V.P.F's College of Nursing, Ahilyanagar.

³Dr. Amit Kadu, Associate Professor, Dr. V.V.P.F's College of Nursing, Ahilyanagar.

Corresponding Author: Dr. Imran M Sayyad, M.Sc. Nursing, DR. V.V.P.F. College of Nursing, Ahilyanagar.

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Abstract

Introduction: Post- partum psychosis (PPP), also referred to as puerperal psychosis or peri partum psychosis, represents a severe mental illness characterized by the sudden appearance of psychotic symptoms in the period shortly after childbirth, typically within the first two weeks but extending up to four weeks post- partum ¹. This condition is not to be taken lightly, as its rapid onset and the severity of its symptoms classify it as a psychiatric emergency, demanding immediate medical and psychiatric attention. Hospitalization may be necessary, particularly when there is a discernible risk of the mother harming herself or her infant. The acute and critical nature of PPP distinguishes it from the spectrum of other mood disorders that can occur in the post- partum period. The clinical manifestations of PPP are diverse and can encompass a wide array of symptoms, including an elevated and often euphoric mood state known as mania, a profoundly low mood indicative of depression, states of confusion and disorientation, the experience of hallucinations where individuals perceive sensory inputs

that do not exist in reality, and the presence of delusions, which are firmly held false beliefs that persist despite contradictory evidence. These symptoms can often fluctuate rapidly, making the clinical picture complex and requiring careful assessment ².

Methods: In these study, a quantitative research approach was used. The study aims to assess the effectiveness of structured teaching programme on knowledge regarding postpartum psychosis among antenatal mother admitted in antenatal unit at selected hospital. The research design used for present study is quasi experimental one group pre test post test research design. Sample size of the present study is 50 antenatal mother admitted in antenatal unit.

Results: Findings related to assess the knowledge regarding postpartum psychosis among antenatal mother's admitted in antenatal unit at selected hospital. Assessment of level of Level of knowledge regarding postpartum psychosis among antenatal mother's, shows that majority 52% of the antenatal mother had poor knowledge ,38% had average knowledge, and 10% had good knowledge regarding postpartum psychosis among

antenatal mother's Findings related to assess the posttest knowledge regarding postpartum psychosis among antenatal mother's admitted in antenatal unit at selected hospital. Assessment of level of Level of post test knowledge regarding postpartum psychosis among antenatal mother's, shows that majority 55% of the antenatal mother had average knowledge ,37% had good knowledge, and 8% had poor knowledge regarding postpartum psychosis among antenatal mother's. Finding related to effectiveness of structured teaching programme on knowledge regarding postpartum psychosis among antenatal mother's admitted in antenatal unit at selected hospital. Assessment of effectiveness of structured teaching programme on knowledge regarding postpartum psychosis among antenatal mother's admitted in antenatal unit at selected hospital, the result shows that post test and pre test mean score found 9.6 and 16 respectively and paired t test value was found to be 10.54 which is significant at the level of 0.05.

Conclusion: The findings of the present study indicated regarding level of knowledge regarding postpartum psychosis among antenatal mother's admitted in antenatal unit at selected hospital had average knowledge.

Keywords: Assess, Knowledge, Post-Partum Psychosis, Ante-Natal Mother.

Introduction

While post- partum psychosis is considered a rare condition, with its global prevalence estimated to range between 0.089 and 2.6 per 1000 live births³, its potential for serious medical and social consequences is significant. If not promptly identified and treated, PPP can lead to tragic outcomes, including suicide and infanticide³. The illness can profoundly disrupt a mother's connection with reality, resulting in distressing experiences such as hallucinations, delusions, and unfounded suspicion or paranoia. These alterations in

perception and thought can severely impair the mother's ability to provide adequate care for herself and her newborn infant, who is entirely dependent on her well-being². The impact of PPP extends to the infant, who may be at direct risk of harm due to the mother's altered mental state. Furthermore, the mother's incapacitation can lead to neglect of the infant's needs, and the infant may experience emotional distress as a result of the mother's erratic or withdrawn behavior. The necessity of inpatient psychiatric care for the mother often leads to separation from her infant, which can negatively affect the crucial early bonding process and the infant's development ⁴. Research also indicates that if post-partum mental illnesses in mothers, including PPP, go untreated, there can be long-term negative consequences for the child's emotional and behavioral development, as well as potential delays in cognitive milestones.

Methodology

In this study, a quantitative research approach was used, the study aims to assess the effectiveness of structured teaching programme on knowledge regarding postpartum psychosis among antenatal mother's admitted in antenatal unit at selected hospital.

Data were collected using a structured tool consisting of two sections

1. Demographic Data
2. Structured knowledge questionnaire regarding postpartum psychosis.

Demographic Data

This section consists of 8 items seeking information on demographic data of pregnant women such as age, number of children, religion, area of living, type of family, family monthly income, have you suffered with mental disorder, gravida.

- Structured knowledge questionnaire regarding postpartum psychosis. A questionnaire is used to collect information of a particular subject.

In this study the researcher has used structured knowledge questionnaire regarding postpartum psychosis which consisted of 30 items. These were closed multiple choice questions that helped in assessing the on on knowledge regarding postpartum psychosis among antenatal mother's admitted in antenatal unit at selected hospital. The score was given for each correct response 1 and for incorrect 0.

Result

- Frequency and percentage of socio demographic variable of antenatal mothers

percentage wise distribution of mother according to their age, the majority of findings (33%) were in the age of 26-30 years, 30% were in the age group of less than 25

Table 1: To assess the pretest knowledge regarding postpartum psychosis among antenatal mother's admitted in antenatal unit at selected hospital. Table 1: n-60

Sn.	Level of Knowledge	Range of score	Frequency	Percentage
1	Poor	0-8	31	52%
2	Average	9-17	23	38%
3	Good	18-25	6	10%

Assessment of level of knowledge regarding post partum psychosis among antenatal mother's, shows that majority 52% of the antenatal mother had poor knowledge ,38% had average knowledge, and 10% had good knowledge regarding postpartum psychosis among antenatal mother's.

Table 2: To assess the post test knowledge regarding post partum psychos is among antenatal mother's admitted in antenatal unit at selected hospital. Table 2 n-60

Sn.	Level of Knowledge	Range of score	Frequency	Percentage
1	Poor	0-8	5	8%
2	Average	9-17	33	55%
3	Good	18-25	22	37%

Assessment of level of post test knowledge regarding postpartum psychosis among antenatal mother's, shows that majority 55% of the antenatal mother had average knowledge, 37% had good knowledge, and 8% had poor knowledge regarding postpartum psychosis among antenatal mother's.

Table 3: To assess the effectiveness of structured teaching programme on knowledge regarding postpartum psychosis among antenatal mother's admitted in antenatal unit at selected hospital.

Sn	Group	Mean	SD	Paired test	P Value
1	Posttest	16	3.17	10.54*	0.00
2	Pretest	9.6	3.98		

*Significant at the level of 0.05

depicts the effectiveness of structured teaching programme on knowledge regarding postpartum psychosis among antenatal mother's admitted in antenatal unit at selected hospital, the result shows that posttest and pretest mean score found 9.6 and 16 respectively and paired t test value was found to be 10.54 which is significant at the level of 0.05.

Table 4: Association between level of knowledge regarding postpartum psychosis among antenatal mother's admitted in antenatal unit at selected hospital with demographic variables.

Variable	Category	Level of Knowledge			Total	X2	P value	Level of Significance
		Poor	Average	Good				
Age	Less than 25 years.	12	5	1	18	3.01	0.99	Not Significant
	26 -30 years.	8	9	3	20			
	31 -35 years.	6	5	1	12			
	Above 35 yr	5	4	1	10			
No of children	No	10	5	2	17	6.04	0.77	Not Significant
	One.	11	14	2	27			
	Two.	4	4	1	9			
	Three and above	6	0	1	7			
Religion	Hindu.	12	9	3	24	0.96	0.99	Not Significant
	Christian.	8	7	2	17			
	Muslims.	10	8	1	19			
	Others	0	0	0	0			
Area of living	Urban	14	16	3	33	3.85	0.57	Not Significant
	Rural	17	7	3	27			
Type of family	Nuclear	16	8	4	28	2.56	0.76	Not Significant
	Joint	15	15	2	32			
Family monthly income	Rs<5000/-	12	9	2	23	0.81	0.99	Not Significant
	Rs.5001/-to 10000/-	6	4	2	12			
	Rs.10001/-to 15000/-.	7	5	1	13			
Have you suffered with mental disorder ?	Rs. >15000/-.	6	5	1	12	1.19	0.94	Not Significant
	Yes	2	1	0	3			
	No	29	22	6	57			
Gravida	Others	16	15	4	35	1.19	0.94	Not Significant
	Rs<6767	15	8	2	25			

Chi square values were calculated to find out the association between level of pre test knowledge regarding post partum psychosis among antenatal mother's admitted in antenatal unit at selected hospital with demographic variables. The findings revealed that there was no any significant association found between pretest knowledge regarding postpartum psychosis among antenatal mother's and socio demographic variables. Hence the null hypothesis is accepted and alternative hypothesis is rejected

Discussion

The present study was conducted to assess the effectiveness of structured teaching programme on knowledge regarding postpartum psychosis among antenatal mother's admitted in antenatal unit at selected. In order to achieve the objective of the study a quasi-experimental one group pre test posttest design was adapted. Non probability purposive sampling technique was used to select the sample. Data was collected from the 60 sample. The data collected was calculated and analyzed using descriptive and inferential statistics.

Munk-Olsen et al. (2014), in their study "Birth Order and Post- partum Psychiatric Disorders," investigated the risk of first-time psychiatric episodes requiring inpatient treatment following childbirth. Alhaj Ahmad et al. (2024), in their protocol titled "Bio psychosocial Predictors of Post- partum Depression: Protocol for Systematic Review and Meta-Analysis. Friedman and Sorrentino (2012), in their commentary titled "Post- partum Psychosis, Infanticide, and Insanity - Implications for Forensic Psychiatry. Lyons, Hennessey, and Noonan (2022), in their systematic review titled "A Systematic Review of Qualitative Evidence: Perspectives of Fathers Whose Partner Experienced Post- partum Psychosis.

Conclusion

The findings of the present study indicated regarding level of knowledge regarding postpartum psychosis among antenatal mother's admitted in antenatal unit at selected hospital had average knowledge.

Recommendations

Based on the study finding the following recommendations have made for the further study.

1. Similar study may be replicated on large samples for wider generalization.
2. Similar study can be conducted in community.
3. Similar study can be conducted through non experimental research approach.

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