

SUICIDAL IDEATION AMONG PREGNANT WOMEN- A SYSTEMIC REVIEW

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Introduction: In today's world, suicide is the leading cause of death among pregnant women and postpartum women, as suicidal ideation are not been investigated among pregnant women. Universally, depression and low socio economic status are widely acknowledged as a major contributor to the suicidal tendency. Pregnant women who are been the victim of physical abuse by their partner are also likely to engage in suicidal behavior.

Objective: To find out the evidence on suicidal ideation among pregnant women.

Methods: The data was explored on three online electronic databases- PubMed, Medline, EBSCO in order to check the availability of reviews.

Results: The available literature refines to get 7 quantitative studies, which depicted that the suicidal ideation among pregnant women is becoming very common in the recent times; than the general population and it highlights that there is urgent need of essential skill training for a women before marriage and preparation for pregnancy.

Conclusion: There is a greater need to focus on pregnant women for depression and urgent need to search for innovative approaches in order to improve screening, detection and prevention of suicidal ideation among pregnant women.

Keywords: Suicidal Ideation, Pregnant Women, Suicidal Attempts

1. INTRODUCTION- Suicide is the serious concern for the world and a great contributor for maternal mortality. It is considered a major issue in post partum women because of the various changes which occurs in women's life growth and development of baby, burden of family, other diseases depression. During pregnancy, young, un-married, unemployed women who suffered from unwanted pregnancy, drug addicted, victim of sexual abuse are at risk of suicide. Suicidal behavior, such as suicidal thoughts, suicide attempts during pregnancy have been reported higher ranging from 11% to 20% (Hodgkinson et.al 2010). The report for prevalence on ante partum suicidal ideation (22%-33%) have been reported in studies conducted in U.S.(2015).

1.1 NEED FOR THE STUDY - Previous studies have shown that issue of suicide and suicidal behaviour during pregnancy have been neglected as a time of emotional well being and motherhood. On the other hand other studies have also suggested that suicide is one of the major cause of maternal mortality in countries which include India, Sri Lanka, Bangladesh, U.K. (Agampodi et. al 2010). Now its high time to have a concern for this issue.

1.2 AIM - To gather the evidences of suicidal ideation among pregnant women .

1.3 OBJECTIVE- to search for the evidences of suicidal ideation among pregnant women.

2. METHODOLOGY-

2.1 SEARCH STRATEGY METHODS: The data was explored on three online electronic databases- Pub Med, MEDLINE, EBSCO in order to check the availability of reviews from the year 2008-2020. The search was confined to only English accent.

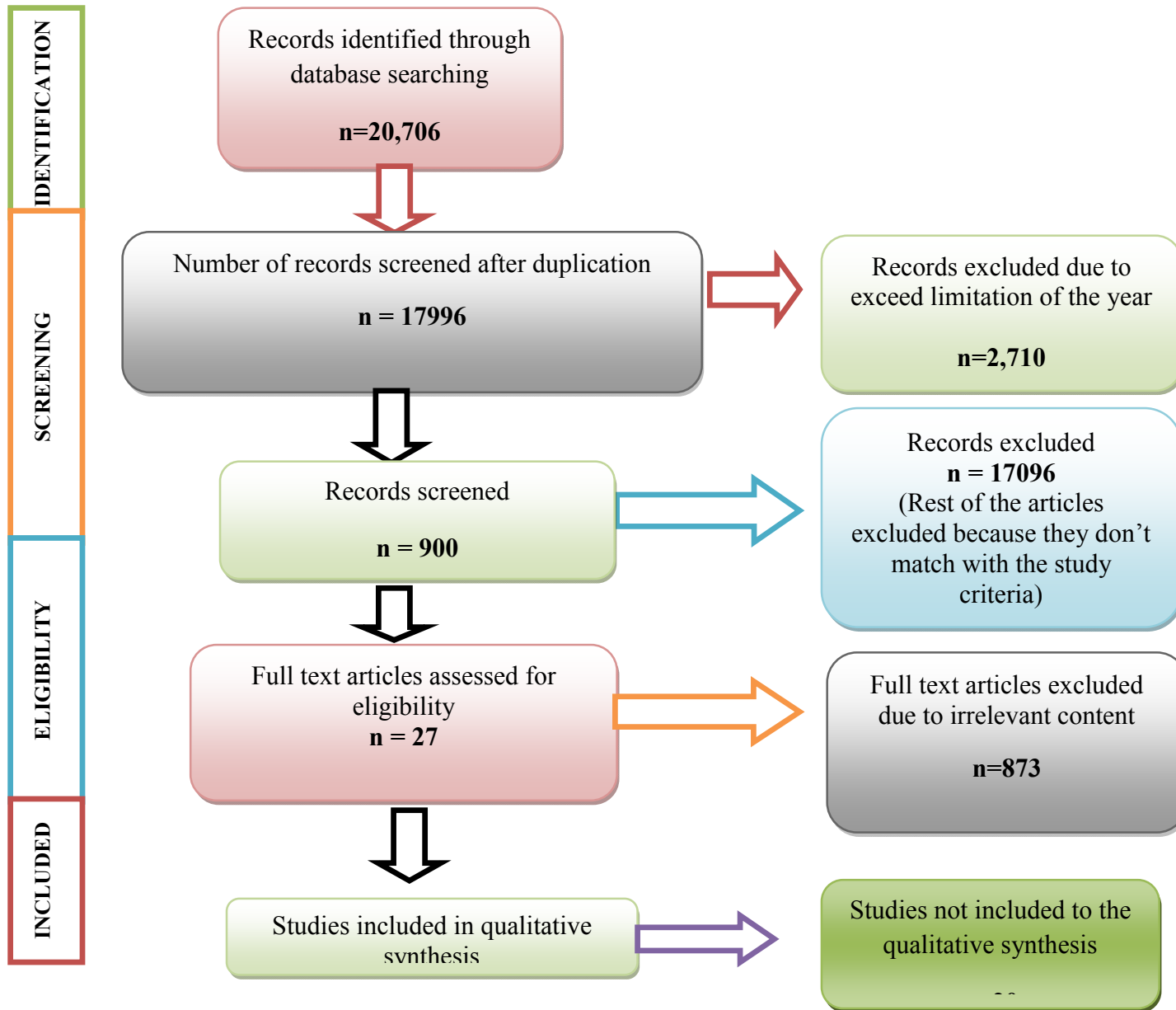
2.2. TYPES OF STUDIES: Cross Sectional Descriptive Design, Retrospective design . case control design

2.3. TYPES OF PARTICIPANTS: Pregnant women with suicidal ideation .

2.5 SETTINGS: Rural Area , Medical Colleges, Urban Community.

2.6 OUTCOME: Knowledge and perception of rural population plays a critical role in providing the health care of people suffering from every problem. Hence this review is targeted to know the suicidal ideation among pregnant women so that further strategies can be planned in order to improve the mortality rate.

3. RESULT3.1 PRISMA FLOW CHART



3.2 DATA EXTRACTION TABLE

Sl no. & author	Source & title	Country	Instruments	Sample & sampling Technique	Design	Findings	Conclusion
1. Nimma etal 2019	Suicidal ideation and intentional self harm in pregnancy as a neglected agenda in maternal health , an experience from rural Sri Lanka .	Sri Lanka	Edinburg Postpartum Depression Scale (EPDS , Self Administration questionnaire for demographic and clinical data and extraction	All pregnant women with gestational age more than 36 weeks. Consecutive sampling technique.	Cross sectional Study.	The findings revealed that total 475 pregnant women during their treatment when been asked for ten question of EPDS ‘‘thoughts of harming myself occurred during last 7 days ‘‘ was answered yes quite a lot by 0.8% by 4 , yes sometimes by 2.3% (11) and hardly ever by 2.7% (13) . 0.8% (4) women reports that they had history of Intentional self Harm during current pregnancy. Out of 475 pregnant females 26.5% (126) had EPDS score more than 9 which showed	There is high burden of maternal mental ill health and suicide among pregnant women which is not been brought to notice in morbidity and mortality statistics. The maternal health agenda need well planned strategies so that the system /programme can be changed in order the tackle the issues related to maternal mental health.

<p>2014</p> <p>2. Mar yam etal</p>	<p>Frequenc y of attempted suicide methods and fetal outcomes in pregnant women in Kermans hah.</p>	<p>Iran</p>	<p>Edinburg Postpartu m Depression Scale (EPDS , Self Administr ation questionna ire for demograp hic and clinical data and extraction</p>	<p>Convient sampling technique</p>	<p>Retrospecti ve study</p>	<p>anxiety and depression .</p> <p>The findings showed that highest attempted suicide rate was during gestational age of 9 weeks. There were 64 cases (71.1%) who attempted suicide in first pregnancy, 17 (18.9 %) in second pregnancy and 7 (7.8%) in third pregnancy . The peak age for suicide in pregnancy came out to be 18-28 years. The rate of committing suicide came out to be 18-28 years . the rate of committing suicide was signanfinatly higher for self Immolation.</p>	<p>The cases for maternal and fetal damage are been reported which need proper attention and preventive measures in order to prevent this incident. Drug poisoning are the most common method of suicide for which early step is needed.</p>
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3. Supraja et al. (2016)	Suicidalit y in early pregnanc y among antepartum mothers in urban India	India	Modified suicide behavior questionna ire	462 pregnant women in south india	Cross sectional study	The prevalence of suicide in pregnant women was 7.6% (35/462) , 2.4% (11) women had suicidal plans ,1.7% (8) had made suicidal attempts during pregnancy women who reported suicide were of young age 18 to 39 year mean of 23 years and belong to middle class 11.9% of women reported of contemplated suicide at least once in their life	Health provider who are involved in caring of pregnant women are in unique practice to assess mental status of risk factors training is to be needed for obstetric health care staff to identify women who are at risk and proper support and referral should be provided to them
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4. Anahita et al. (2019)	Epidemiology of suicidal attempts by poisoning and related risk factors in pregnant women	Iran	Interview method	40 pregnant women with purposive sampling technique	Cross sectional study	Out of 40 pregnant women 87.5% of women and not have good job or income ,55% were having poor living condition , 45% had suicidal thoughts 32.5% of women had history of depression ,32.5% had suicidal attempts ,32.5% had thoughts of abortion 20% were having family history of suicide , 17.5% were addicted .	Most important factor for suicidal attempt in pregnant women include poisoning due to poor socio income status , history of mental illness and addictions.
5. Rodriguez V et al. (2018)	Correlates of suicide ideation during pregnancy and postpartum among	South Africa	Audio computer assisted self interview (ACASI) system	681 pregnant women with randomized sampling technique	RCT design	Total pregnant women with HIV were recruited and reassessed at 12 month postpartum mean age was 28.3 years and 68% of them were below the poverty line . Prenatal suicide ideation was 39% and continued for 7% at 12 months , 13% experienced	There is high risk of mortality among women a reproductive age . It is very important that there should be clinic initiatives targeting HIV infected women

women living with HIV in rural south Africa					incident suicidal ideation and out of which 19% suicidal ideation stopped at postnatal period . Depression and intimate partners violence also lead to suicidal ideation .	so that suicidal ideation can be assessed and improved on time
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3.3 SUMMARY OF THE FINDINGS: This narrative review outcome shows the issues of suicidal ideation among pregnant women. It reveals that pregnant women's are been ignored for suicidal thoughts and risk factors because of which mortality rate for pregnant women are increasing. Therefore there is an urgent need for some strategies which can help in improving the status of pregnant women.

4.1 IMPORTANCE IN EDUCATION: Having baseline information regarding suicidal ideation among pregnant women will help the student to increase their knowledge which will not only enrich the mind but also provide confidence to the student in dealing with patient in far better way.

4.2 FUTURE SIGNIFICANCE: In order to reduce the suicide attempts among the pregnant women , it is very important to detect early risk factors of suicide so that proper intervention and strategies can be planned.

4.3 LIMITATIONS:

- Database search was limited.
- Only electronic Database used.
- Only pregnant women were involved

4.4 RECOMMENDATIONS

- Pregnant women should be thoroughly examined for suicidal ideation .
- In case of food poisoning drug concentration in blood should be assessed .
- Pregnant women's are at risk therefore special medical care should be given .

4.5 CONCLUSION -

It has been predicted that main cause for suicide or suicide attempts among pregnant women are poor socio – economic status, family stress, sexual abuse, psychiatric disorders and depression. This suggest that continuing efforts are needed to improve the quality of life for pregnant women's with suicidal ideation and it is necessary that preventive and rehabilitative strategies should be developed to manage these cases.

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