

## Abstract

The study was aimed to develop an indigenous scale for risk factors for postpartum depression. The study was also aimed to explore the relationship among social support, interpersonal relationship anxiety and neuroticism in women with postpartum depression. It was hypothesized that (a) there would likely to be a positive relationship between risk factors for postpartum depression and interpersonal relationship anxiety, neuroticism and postpartum depression in women with postpartum depression; (b) there would be a negative relationship between risk factors for postpartum depression and social support; (c) different subscales of Risk Factors for Postpartum Depression Scale would be the predictors of postpartum depression, lack of social support, interpersonal relationship anxiety and neuroticism in women with postpartum depression. For the development of Risk Factors for Postpartum Depression Scale (RFPPDS), the research was done in three studies. In study one, item pool was generated from interviewing professionals (3 Clinical Psychologists), 10 pregnant women and 10 women with postpartum depression. In study two, criterion related validity by expert opinion on generated items was established. In study III, a sample of already diagnosed 100 women ( $M = 27.31$ ,  $SD = 5.20$ ) from psychiatric and gynecological department of different government hospitals was screened through Edinburgh Postnatal Depression Scale (Cox, Holden & Sagovsky, 1987). Social support and interpersonal relationship anxiety were measured by using Multidimensional Scale for Perceived Social Support (Zimet, Dahlem Zimet & Farley, 1988) and Interpersonal Relationship Anxiety Questionnaire (Rohner, 2012) respectively. Neuroticism Scale (IPIP Big Five Personality Measurement Instrument; Khan, Khan, Ghani & Shafi, 2013) was used to measure the neuroticism in women with postpartum depression. Risk Factor for Postpartum Depression Scale (RFPPDS) was administered to the women with postpartum depression and factorial

validity was established by Factor Analysis. Alpha Reliability by Chronbach's Alpha, correlation between Subscales of Risk Factor for Postpartum Depression Scale (RFPPDS) and Correlation of Subscales with total score of Risk Factor for Postpartum Depression Scale (RFPPDS) was also done. Pearson Product Moment Correlation showed significant positive relationship between risk factors for postpartum depression with interpersonal relationship anxiety, neuroticism and postpartum depression while significant negative relationship was found between risk factors for postpartum depression and social support in women with postpartum depression. Neuroticism was seen as the predictor of postpartum depression in women with postpartum depression. Subscale of lack of social support, self-neuroticism and history of abortion were found as the predictors of postpartum depression, interpersonal relationship anxiety, lack of social support and neuroticism.