"EXPLORATION OF THE CULTURAL BELIEFS, VALUES, AND PRACTICES OF AFRICAN AMERICAN WOMEN REGARDING POST-PARTUM DEPRESSION: A MINI-FOCUSED ETHNOGRAPHY" BY STEPHANIE JACOBS.

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Exploration of the Cultural Beliefs, Values and Practices of African American Women Regarding Postpartum Depression: A Mini-Focused Ethnography

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Introduction

- Postpartum depression (PPD) is the most prevalent perinatal mental health illness in women and affects 10-20% of all women in the United States.
- African American women have a disproportionately higher prevalence of postpartum (35-67%) and experience it differently.

Research Question

- What are the cultural care beliefs, values and practices of African American women regarding postpartum depression?

Methodology

- This mini-focused ethnography focused on understanding the cultural beliefs, values and practices through semi-structured interviews of four African American women about their unique cultural beliefs of postpartum depression.
- Data was analyzed using Leininger's four phases of qualitative data analysis with the assistance of NVivo12 software program.

Findings

Emerging Patterns From the Data

- Mistrust of health care providers
- Striving to be a perfect mother

Leininger's Four Phases of Data Analysis

First Phase
- Analyze Interviews

Second Phase
- Coding of Data

Third Phase
- Identify Patterns in Data

Fourth Phase
- Identify Emerging Themes

Discussion

- Initial data from a mini-focused ethnography of four African American women revealed two emerging patterns that the participants identified as significant issues regarding postpartum depression.
- The importance of being a good mother, as well as distrust with the medical system were pertinent issues influencing their perspective of postpartum depression.
- This ethnography provides valuable insight from African American women identifying similar cultural perceptions and beliefs about postpartum depression.

References