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

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Future Research

• Future research should include a full-scale study on the cultural beliefs, values and practices of African American women and postpartum depression.