

Mental Readiness Mother Primigravida Prevents Problems and Postpartum Mental Health Problems: Scoping Review

Alya Nursyifa Perwata¹, Endang Koni Suryaningsih¹, Cesa Septiana Pratiwi¹

¹Master of Midwifery Departemen, 'Aisyiyah University of Yogyakarta, Indonesia

Email: alyanursyifa84@gmail.com

Abstract. *In general, giving birth is one of the fun events, on the other hand there is the presence of new family members in women's lives not always happiness. It needs adjustments to women who experience pregnancy and childbirth. Emotional disorders can be experienced by women after giving birth such as postpartum blues, postpartum depression or postpartum psychological. Objective: To map the literature on increasing the mental readiness of primigravida mothers in preventing problems and postpartum mental health problems. The design of this study includes literature review, which is research that discovers theory and analyzes it. Results: Improving the mental readiness of Mother Primigravida preventing postpartum mental health problems, namely increasing mother's knowledge, getting support from her husband, getting social support, and in contact with mental health services. The impact node of the problem and postpartum mental health disorders Mother feels stress, tense relationships, internal rejection, feel worthless, tendencies to commit suicide, feelings of isolation, fear, and mothers feel unable to share their experiences. It is necessary to conduct a more in-depth study on the mental readiness of primigravida mothers using qualitative and quantitative research methods and based on other research methods or designs.*

Keywords: *Mental Readiness, Primigravida, Mental Health, Postpartum, Health Services*

Received: May 24, 2026

Received in Revised: June 20,
2026

Accepted: August 21, 2026

INTRODUCTION

In general, childbirth is a joyful event; however, the arrival of a new family member in a woman's life is not always a source of pure happiness (Ridha, 2020; Sartini, 2020; Yese et al., 2023). Women who have experienced pregnancy and childbirth need time to adjust. Emotional disturbances can occur after childbirth, such as the postpartum blues, postpartum depression, or postpartum psychological distress (Harianis & Sari, 2022; Hidayati & Adriati, 2025).

According to the WHO, worldwide, approximately 10% of pregnant women and 13% of new mothers experience mental health disorders, particularly depression (Stentzel et al., 2023; Anggraini et al., 2022; Tinsae et al., 2026). In developing countries, these figures are even higher, at 15.6% during pregnancy and 19.8% after childbirth (Sidhu et al., 2019; Djatche et al., 2023; Ariasih et al., 2024; Dlamini et al., 2019). In severe cases, the suffering of these mothers may be so intense that they may even attempt suicide. Additionally, affected mothers are unable to function properly. Consequently, their children's growth and development may also be negatively impacted (Garthus-Niegel et al., 2017; Kousky, 2016; Singla et al., 2015).

In Indonesia, this condition is also a serious problem, with the prevalence of postpartum depression among new mothers ranging from 10% to 15% (Putri et al., 2023; Utami & Nurfita, 2022; Mutiar & Wang, 2025; Abdullah et al., 2025). In fact, the rate of depressive symptoms among postpartum mothers in Indonesia reaches 27.5%, and the overall prevalence of postpartum depression in Indonesia stands at 22.8% (Arimurti et al., 2020; Rohmah et al., 2025).

A woman's adjustment to her new role as a mother after giving birth is divided into several phases: the "talking in," "talking hold," and "letting go" phases. If she is unable to successfully navigate these phases, she may experience postpartum depression (Hesse et al., 2021; Keefe et al., 2018). Because mothers tend to hide their feelings from those closest to them, for fear of being seen as failing at parenting, postpartum depression often goes unrecognized by the mother, her family, and even healthcare providers. Many mothers conceal their psychological condition after giving birth. This means that healthcare providers, particularly midwives, often fail to recognize postpartum depression in their patients (Dlamini et al., 2019; Noonan et al., 2017; Jannati et al., 2021; Shidende et al., 2024; Elshatarat et al., 2018). Therefore, as healthcare providers who accompany women throughout their reproductive years, midwives must provide comprehensive, high-quality midwifery care not only physical examinations but also mental health care and, while providing postpartum care to mothers, they must monitor their psychological condition and offer social support.

The high incidence of postpartum depression is influenced by many factors, including economic status, social support, and demographic factors such as age, education, and parity (Amer et al., 2024; Smorti et al., 2019; Cho et al., 2022; Pham et al., 2018). The number of births can influence the incidence of postpartum depression. First-time mothers are more likely to suffer from postpartum depression because they lack prior experience in caring for children and must adjust to their new role as mothers. First-time mothers are also at risk of complications depending on their physical and psychological preparation as well as their knowledge of pregnancy and the postpartum period. Therefore, this literature review was conducted to map the literature on the mental preparedness of primigravida women to prevent postpartum mental health problems and disorders across various health care settings.

METHODS

This study is a literature review. A literature review is a summary of theories, findings, and other research materials obtained from reference sources to serve as the foundation for research activities aimed at developing a clear conceptual framework for the research question. The author summarizes, analyzes, and critically and thoroughly synthesizes previous literature. A good literature review evaluates the quality and new findings of a scientific paper. The researcher conducted an analysis of several studies and then summarized the findings. The analysis took the form of a table covering seven components, including the study title, year of the study, location of the study, research objectives, research methods, study population, and research findings. After analyzing and thoroughly examining these components, the researcher obtained a summary that can be incorporated into the next chapter. The 8 journal articles used are recent publications from the past 10 years. The analysis covers the experiences of primiparous mothers and postpartum depression, grouped according to the characteristics of each journal. Since this is a literature review, there is no population or sample. Instead, the analysis focuses on these 7 components. The first step in conducting a literature review is to identify the research question. This literature review uses the Population, Concept, Context (PCC) framework to organize information based on findings from relevant articles, thereby identifying concepts that align with the research question.

Table 1. PCC Framework

Population	Concept	Context
Primigravida	Mental eadiness Postpartum mental health Postnatal depression	Prenatal education Community-based intervention

Based on the framework above, the research question for this scoping review is: What interventions have been implemented to improve the mental preparedness of primigravida women in order to prevent postpartum mental health problems and disorders across various health care settings?

After identifying the review questions, the next step is to identify relevant articles. The search for relevant articles must take into account the inclusion and exclusion criteria in accordance with the PCC framework, which include the following:

Table 2. Kriteria

Inclusion Criteria	Exclusion Criteria
Articles published using quantitative and qualitative methods Articles with free full text and open access Original artikel Articles published in English Articles published in the last 5 years (2019–2024) Articles discussing the mental readiness of primigravida mothers to prevent postpartum mental health problems and disorders Articles discussing the mental preparedness of primigravida mothers Articles discussing postpartum mental health issues and disorders Articles discussing factors supporting the mental preparedness of primigravida mothers Articles discussing factors supporting the prevention of postpartum mental health issues and disorders	Review article Interventions (unrelated studies) Articles with English titles but content in Spanish, Chinese, and other languages

This scoping review utilized three databases for the search: PubMed, ProQuest, and Google Scholar, as well as grey literature from Research Rabbit, published between January 2019 and December 2024 in English. Articles were searched for using keywords aligned with the framework. The keywords used in this search were discussed with experts; the following are the keywords used:

Table 3. Keywords

Database & grey literature	Keywords
PubMed	(((((primigravida) OR (first-time pregnant women)) OR (first pregnancy)) AND (mental readiness)) OR (postpartum mental health)) OR (postnatal depression)) AND (antenatal care)) OR (community-based intervention)
Proquest	"primigravida OR first pregnancy" anywhere and "mental readiness OR postpartum mental health" anywhere and "antenatal care OR community-based intervention"
Google Scholar	mental readiness of primigravida mothers to prevent postpartum mental health problems
Reserch Rabbit	primigravida mothers mental readness to prevent depression postpartum

RESULT AND DISCUSSION

The process of identifying relevant articles involved checking for duplicates, selecting articles based on their titles and abstracts, and reading the full texts. The search process, which included articles from databases and gray literature, yielded 499 results. These articles were then screened based on titles and abstracts, resulting in 63 articles. After reading them in full and evaluating them based on population, study design, and research results, 8 articles were identified as meeting the criteria for this review. The following is a PRISMA flowchart illustrating the selection of articles that met the data selection criteria:

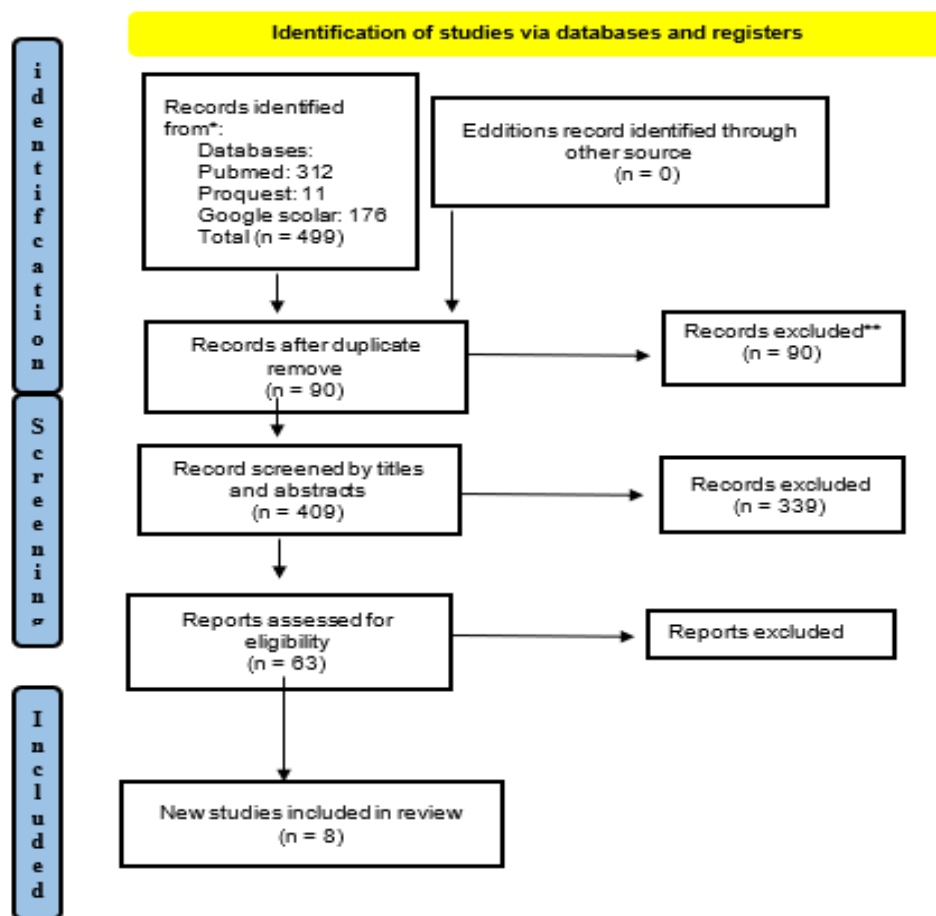


Figure 1. PRISMA Flowchart

Data tabulation was performed on 8 relevant articles; the data tabulation utilized tables to present key points such as title, author, year of publication, country, purpose, participants, research methods, and research findings.

Table 4. Keywords

Title and Author	Country	Purpose	Methods (Design, Sample, Instrument, Analysis)	Reserch result
Postpartum depression among primigravida mothers in Kabul, Afghanistan (Jamizada, 2024)	Afghanistan	This study aims to explore the prevalence and risk factors of postpartum depression among primiparous women in Kabul, Afghanistan, a low- and middle-income country with limited research on postpartum depression among primiparous women.	D: Quantitative S: 200 primigravidas I: Structured questionnaire A: Descriptive statistics and SPSS	The study findings reveal that 42.5% of primigravid women in Kabul experienced symptoms of postpartum depression (PPD) based on EPDS scores. This prevalence rate is higher than global estimates and previous studies in high-income countries.

Maternal Depression and Associated Factors Among Pregnant Women Attending Ante Natal Care, Southern Ethiopia: Cross-Sectional Study. (Borie et al., 2022)	Etiopia	To assess the prevalence of maternal depression and associated factors among antenatal care providers at Wolayta Sodo Teaching and Referral Hospital in southern Ethiopia.	D: kuantitatif S: 174 ibu hamil I: kuesioner dan daftar periksa yang diadaptasi dari Patient Health Questionnaire (PHQ-9). A: acak sistematis	Maternal depression is associated with women's educational attainment, spousal support, and substance use; this suggests that healthcare providers working with pregnant women should emphasize the importance of spousal support, substance use, and women's educational attainment.
Mental health service use among pregnant and early postpartum women. (Lee-Carbon et al., 2022)	London	To determine the proportion and characteristics of women with mental health conditions who have contact with mental health services during pregnancy and the postpartum period at maternity services in London.	D: qualitative S: 42 postpartum mothers I: prospective cohort A: regression analysis	200 women met the diagnostic criteria for a mental disorder. Fifty-five (34%) of them had at least one contact with mental health services. Moderate depression (OR 7.44, CI 2.03–27.28, $p<0.01$), severe depression (OR 10.5, CI 2.68–41.12, $p<0.01$), history of psychiatric hospitalization (OR 3.76, CI 1.05–13.44, $p<0.05$), anxiety symptoms (OR 3.95, CI 1.86–8.37, $p<0.001$), and a low perceived level of social support (OR 0.43, CI 0.18–1.01, $p=0.05$) were associated with an increased likelihood of contact with mental health services in the univariate analysis. However, only moderate depression (OR 5.92, CI 1.31–26.78, $p=0.02$) and severe depression (OR 6.04, CI 1.08–33.72, $p=0.04$) remained significant in the multivariate regression analysis

Innovative psycho-educational program to prevent common postpartum mental disorders in primiparous women: a before and after controlled study. (Fisher et al., 2020)	Australia	to determine whether an innovative brief psychoeducational program for mothers, fathers, and their newborns—which addresses key learning needs regarding infant care, behavioral adjustment, and couple intimacy—can prevent postpartum mental health issues in first-time mothers	D: Qualitative method S: 439 mothers I: Composite International Diagnostic Interview (CIDI) A: Regression analysis	A total of 399 out of 646 (62%) women were enrolled; 210 received standard care only, and 189 were also offered the intervention; 364 (91%) were retained at the six-month postpartum follow-up. Among women with no history of psychiatric disorders (232 out of 364; 64%), 36/125 (29%) were diagnosed with Depression or Anxiety or Adjustment Disorder with Depressed Mood, Anxiety, or Mixed Anxiety and Depressed Mood in the control group, compared with 16/107 (15%) in the intervention group. Among those without a psychiatric history, the adjusted odds ratio for a diagnosis of a common postpartum mental disorder was 0.43 (95% CI 0.21, 0.89) in the intervention group compared with the control group
Is social support associated with postpartum depression, anxiety and perceived stress among Korean women within the first year postpartum? (Lee et al., 2023)	Korea selatan	This study aims to examine the relationship between social support and postpartum depression (PPD), anxiety, and perceived stress among women within 12 months of giving birth.	D: Qualitative S: 1,481 participants I: Questionnaire A: Web-based cross-sectional survey	In total, 40.0% of participants suffered from mild to moderate PPD; 12.0% experienced anxiety symptoms; and 8.2% reported severe stress. Social support (from family and close friends) was significantly associated with PPD, anxiety, and perceived severe stress. Current maternal health issues, unplanned pregnancy, and low household income were risk factors for PPD, anxiety, and perceived stress. An increase in the time elapsed since childbirth showed a positive association with PPD and perceived severe stress.
Adolescent perspectives on peripartum mental health prevention and promotion from Kenya: Findings	Kenya	to adapt the Helping Adolescents Thrive (HAT) program for peripartum adolescents in Kenya, including adolescent fathers.	D: Qualitative S: 39 pregnant teenagers and young mothers I: Interviews A: In-depth exploration	Pregnant and parenting adolescents articulated various needs, including lack of support, stigma, and psychological distress. Parenting adolescents reported relationship difficulties, challenges managing their roles as mothers, poor health, and social disempowerment. Participants highlighted

from a design thinking approach (Kathono et al., 2024)				sources of stress, including economic challenges, fear of childbirth, strained relationships, rejection, and stigma. Participants described psychological distress such as feelings of stress, worthlessness, withdrawal, and suicidal tendencies.
Saudi Arabian Primigravid Women's Experiences of Mindfulness to Reduce Childbirth Stress: A Qualitative Study (Alkhunaizi et al., 2023)	Arab Saudi	To investigate the effectiveness of mindfulness in reducing childbirth stress among primigravida women in Saudi Arabia	D: qualitative S: 10 participants I: interviews A: thematic content analysis using NVivo 10.1 software.	Five main themes emerged from the data: (a) stress reduction, (b) awareness of thoughts and feelings, (c) life satisfaction, (d) challenges arising from a lack of knowledge, and (e) spiritual empowerment. Mindfulness is an effective technique that supports mothers' physical and psychological well-being.
Women's experiences with being pregnant and becoming a new mother during the COVID-19 pandemic (Vermeulen et al., 2022)	Belgia	aims to understand the experiences of mothers, with the hope of contributing in this way to adequate care provided by perinatal health professionals and the efficient delivery of maternity services in the post-pandemic era.	D: qualitative S: 1,007 women I: questionnaire A: thematic analysis	The following themes were identified as achieving the objectives: fear of contamination, feelings of isolation and lack of support, inability to share experiences, disrupted care, feeling unprepared, and experiencing a period of peace.

During the selection process, after identifying 499 articles, 90 duplicate articles were found and subsequently eliminated, leaving 409 articles to be screened based on the criteria, which resulted in eight articles remaining for review. Regarding the nature of the articles, of the eight reviewed, two were quantitative research articles (A1, A2) and six were qualitative research articles (A3, A4, A5, A6, A7, A8). Four articles originated from Asia (A1, A4, A5, A7), two from Africa (A2, A6), and the remaining two from Europe (A3, A8). The populations of the reviewed research articles were primigravida mothers (A1, A2, A6), postpartum mothers (A3, A4, A6, A7, A8), and couples (A5).

Postpartum mental health issues and disorders include postpartum depression (A1, A2, A3, A4, A5), anxiety (A3, A4, A5, A6, A8), mental disorders (A3, A4), unplanned pregnancy (A5), psychological disorders (A6, A7, A8), and lack of knowledge (A7). Throughout this article, various instruments are used to detect the presence of postpartum mental health problems and disorders. Different studies may use the same instruments, and even within the same study, different instruments may be used depending on the specific research objectives. The

instruments used were questionnaires (A1, A2, A5, A8), the EPDS (A1), the PHQ-9 (A2), a cohort study (A3), and interviews (A4, A6, A7).

The results of the studies reviewed in this article report that the effects experienced by postpartum mothers with postpartum mental health problems and disorders include feelings of stress (A6), strained relationships (A6), rejection (A6), feelings of worthlessness (A6), withdrawal (A6), suicidal tendencies (A6), feelings of isolation (A8), fear (A8), and an inability to share experiences (A8). In the context of postpartum mental health issues and disorders, the challenges faced include knowledge (A2, A7), access to mental health services (A3, A4), and support from spouses and the social network (A2, A3, A5, A6, A8).

CONCLUSION

Based on the review conducted, the mental preparedness of primigravida mothers helps prevent postpartum mental health issues and disorders from arising during pregnancy and continuing into the postpartum period. The types of issues and disorders that may arise include postpartum depression, anxiety, mental disorders, unplanned pregnancy, psychological disorders, and a lack of knowledge. Pregnant women feel anxious and worried as they approach the delivery process; this is particularly common among first-time mothers. Most mothers experience moderate anxiety even though they are still within a safe or healthy reproductive age range. This indicates that anxiety is more commonly experienced by primigravida (first-time) pregnant women (66.2%) compared to multigravida (multiparous) pregnant women (42.2%) (Mariyana, 2023). Mental health issues and disorders can be identified after assessing an individual's mental health status using valid and reliable instruments. The instruments used in the reviewed articles were the Edinburgh Postnatal Depression Scale (EPDS) to measure the prevalence of depression, and the Patient Health Questionnaire (PHQ-9) to assess the severity of depressive symptoms (Borie et al., 2022). This review identifies several characteristics of interventions related to the mental preparedness of primigravida mothers to prevent postpartum mental health problems and disorders, including strained relationships, self-rejection, feelings of worthlessness, suicidal tendencies, feelings of isolation, fear, and an inability to share experiences (Kathono et al., 2024). Ensuring support from their husbands, providing social support, and facilitating access to mental health services to reduce the incidence of postpartum depression. (Lee-Carbon et al., 2022). This review provides a comprehensive discussion on improving the mental preparedness of primigravida women to prevent postpartum mental health issues and disorders, the impact of postpartum mental health, and the associated challenges. This scoping review has methodological limitations. Although the search for articles was extensive and covered various other sources of literature, language barriers and a focus on original articles led to the exclusion of studies that might have been relevant in terms of country, language, or research methodology.

SUGGESTION

The mental preparedness of first-time mothers is essential for preventing postpartum mental health issues and disorders. This preparation should begin early in the first-time mother's pregnancy to prevent postpartum mental health issues and disorders, including postpartum depression, anxiety, mental disorders, unplanned pregnancy, psychological distress, and lack of knowledge. These can lead to the mother feeling stressed after giving birth, experiencing strained relationships, feeling worthless, self-rejection, suicidal tendencies, feelings of isolation, fear, and even an inability to share her experiences. Therefore, it is essential for first-time mothers to be equipped with the knowledge to prepare for their mental health, supported by their husbands and their social support networks, and to seek contact with mental health services.

ACKNOWLEDGMENT

The author would like to express gratitude to the Master's Program in Midwifery at Universitas 'Aisyiyah Yogyakarta and the entire review team for this scoping review for providing the opportunity and resources to conduct this research.

REFERENCES

- Abdullah, N. N., Wahyuni, R., & Arsyad, A. H. (2025). The Prevalence and Associated Factors for Postpartum Depression Among Women in Samarinda, Indonesia. *Iranian Journal of Psychiatry & Behavioral Sciences/Progress in Psychiatry & Behavioral Sciences*, 19(3), 1.
- Alkhunaizi, A. N., Alyousef, S. M., Alhamidi, S. A., & Almoammar, D. N. (2023). Saudi Arabian Primigravid Women's Experiences of Mindfulness to Reduce Childbirth Stress: A Qualitative Study. *SAGE Open Nurs.*, 9, 23779608231175216. <https://doi.org/10.1177/23779608231175214>
- Amer, S. A., Zaitoun, N. A., Abdelsalam, H. A., Abbas, A., Ramadan, M. S., Ayal, H. M., ... & Al-Shroby, W. A. (2024). Exploring predictors and prevalence of postpartum depression among mothers: Multinational study. *BMC Public Health*, 24(1), 1308. <https://doi.org/10.1186/s12889-024-18502-0>
- Anggraini, M. S., Hidayat, A., & Fernandez, R. L. (2022). Analysis of the causes of mental health disorders in pregnant women in developing countries: A systematic review. *International Journal of Advanced Health Science and Technology*, 2(5), 309-320. <https://doi.org/10.35882/ijahst.v2i5.158>
- Ariasih, A., Budiharsana, M., & Ronoatmodjo, S. (2024). Common mental disorders and associated factors during pregnancy and the postpartum period in Indonesia: an analysis of data from the 2018 basic health research. *Journal of Preventive Medicine and Public Health*, 57(4), 388. <https://doi.org/10.3961/jpmpmh.24.082>
- Arimurti, I. S., Pratiwi, R. D., & Ramadhina, A. R. (2020). Studi literatur faktor-faktor yang mempengaruhi kejadian depresi post partum. *Edu Dharma Journal: Jurnal penelitian dan pengabdian masyarakat*, 4(2), 29-37. <https://doi.org/10.52031/edj.v4i2.53>
- Borie, Y. A., Borie, Y. A., Siyoum, M., Siyoum, M., Tsega, A., Tsega, A., Anbesse, G., & Anbesse, G. (2022). Maternal Depression and Associated Factors Among Pregnant Women Attending Ante Natal Care, Southern Ethiopia: Cross-Sectional Study. *Frontiers in Public Health*. <https://doi.org/10.3389/fpubh.2022.848909>
- Cho, H., Lee, K., Choi, E., Cho, H. N., Park, B., Suh, M., ... & Choi, K. S. (2022). Association between social support and postpartum depression. *Scientific reports*, 12(1), 3128. <https://doi.org/10.1038/s41598-022-07248-7>
- Djatche Miafo, J., Woks, N. I. E., Nzebou, D., Tchaptchet, I., Delene, S. T., Kegha Tchidje, O., ... & Assumpta, L. B. (2023). Epidemiological profile of perinatal mental disorders at a tertiary hospital in Yaoundé-Cameroon. *Frontiers in Global Women's Health*, 4, 999840. <https://doi.org/10.3389/fgwh.2023.999840>
- Dlamini, L. P., Mahanya, S., Dlamini, S. D., & Shongwe, M. C. (2019). Prevalence and factors associated with postpartum depression at a primary healthcare facility in Eswatini. *South African Journal of Psychiatry*, 25(1), 1-7.
- Elshatarat, R. A., Yacoub, M. I., Saleh, Z. T., Ebeid, I. A., Abu Raddaha, A. H., Al-Za'areer, M. S., & Maabreh, R. S. (2018). Perinatal nurses' and midwives' knowledge about assessment and management of postpartum depression. *Journal of psychosocial nursing and mental health services*, 56(12), 36-46. <https://doi.org/10.3928/02793695-20180612-02>
- Fisher, J., Fisher, J., Wynter, K., Wynter, K., Rowe, H., & Rowe, H. (2020). Innovative psycho-educational program to prevent common postpartum mental disorders in primiparous women: a before and after controlled study. *BMC Public Health*. <https://doi.org/10.1186/1471-2458-10-432>
- Garthus-Niegel, S., Ayers, S., Martini, J., von Soest, T., & Eberhard-Gran, M. (2017). The impact of postpartum post-traumatic stress disorder symptoms on child development: a

- population-based, 2-year follow-up study. *Psychological medicine*, 47(1), 161-170. <https://doi.org/10.1017/S003329171600235X>
- Harianis, S., & Sari, N. I. (2022). Analisis Faktor Yang Mempengaruhi Kejadian Post Partum Blues: Faktor Resiko Post Partum Blues. *Jomis (Journal of Midwifery Science)*, 6(1), 85-94.
- Hesse Tyson, C., O'Connor, J., & Sheehan, J. D. (2021). No space for mother's mind: A psychoanalytically oriented qualitative study of the experiences of women with a diagnosis of postnatal depression. *International Journal of Applied Psychoanalytic Studies*, 18(4), 393-407. <https://doi.org/10.1002/aps.1687>
- Hidayati, R. D., & Adriati, F. (2025). Determinan Kejadian Post Partum Blues Pada Ibu Nifas Di Puskesmas Candipuro Kabupaten Lampung Selatan Indonesia: Determinan Kejadian Post Partum Blues Pada Ibu Nifas Di Puskesmas Candipuro Kabupaten Lampung Selatan. *Jurnal Kesehatan Panca Bhakti Lampung*, 13(1), 36-46. <https://doi.org/10.47218/jkpbl.v13i1.392>
- Jamizada, M. (2024). Postpartum depression among primigravida mothers in Kabul, Afghanistan. *Afghanistan Journal of Basic Medical Science*, 1(1), 49-55. <https://doi.org/10.62134/ajbms/v2.i1.khatamuni.3>
- Jannati, N., Farokhzadian, J., & Ahmadian, L. (2021). The experience of healthcare professionals providing mental health services to mothers with postpartum depression: a qualitative study. *Sultan Qaboos University Medical Journal*, 21(4), 554. <https://doi.org/10.18295/squmj.4.2021.031>
- Kathono, J., Nyongesa, V., Mwaniga, S., Obonyo, G., Yator, O., Wambugu, M., Banerjee, J., Breuer, E., Duffy, M., Lai, J., Levy, M., Njuguna, S., & Kumar, M. (2024). Adolescent perspectives on peripartum mental health prevention and promotion from Kenya: *Findings from a design thinking approach*. *PLoS One*, 19(1), e0290868. <https://doi.org/10.1371/journal.pone.0290868>
- Keefe, R. H., Brownstein-Evans, C., & Polmanteer, R. S. R. (2018). The challenges of idealized mothering: Marginalized mothers living with postpartum. *Affilia*, 33(2), 221-235. <https://doi.org/10.1177/0886109917747634>
- Kousky, C. (2016). Impacts of natural disasters on children. *The Future of children*, 26(1), 73-92. <https://doi.org/10.1353/foc.2016.0004>
- Lee, M., Lee, J., Park, S., Kim, S., & Lee, H. (2023). Is social support associated with postpartum depression, anxiety and perceived stress among Korean women within the first year postpartum? *Journal of Psychosomatic Obstetrics and Gynaecology*. <https://doi.org/10.1080/0167482x.2023.2231629>
- Lee-Carbon, L., Nath, S., Trevillion, K., Byford, S., Howard, L. M., Challacombe, F. L., & Heslin, M. (2022). Mental health service use among pregnant and early postpartum women. *Soc Psychiatry Psychiatr Epidemiol*, 57(11), 2229-2240. <https://doi.org/10.1007/s00127-022-02331-w>
- Mariyana, M. (2023). Readiness for Childbirth in Primigravida Trimester III Pregnant Women at the Spirit of Internal Health Center, Barito Kuala District. *Jurnal eduhealth*, 14(02), 866-871.
- Mutiar, A., & Wang, J. J. (2025). Trends and risk factors of postpartum depressive symptoms in Indonesian women. *Journal of Complementary Therapies in Midwifery and Nursing (JCTMN)*, 1(1), 13-24.
- Noonan, M., Doody, O., Jomeen, J., & Galvin, R. (2017). Midwives' perceptions and experiences of caring for women who experience perinatal mental health problems: An integrative review. *Midwifery*, 45, 56-71. <https://doi.org/10.1016/j.midw.2016.12.010>

- Pham, D., Cormick, G., Amyx, M. M., Gibbons, L., Doty, M., Brown, A., ... & Belizán, J. M. (2018). Factors associated with postpartum depression in women from low socioeconomic level in Argentina: A hierarchical model approach. *Journal of affective disorders*, 227, 731-738. <https://doi.org/10.1016/j.jad.2017.11.091>
- Putri, A. S., Wurisastuti, T., Suryaputri, I. Y., & Mubasyiroh, R. (2023). Postpartum depression in young mothers in urban and rural Indonesia. *Journal of Preventive Medicine and Public Health*, 56(3), 272. <https://doi.org/10.3961/jpmpmh.22.534>
- Ridha, S. (2020). *Gambaran Family Resilience Dan Gratitude Pada Keluarga Yang Tidak Memiliki Anak (Studi Berdasarkan Penghayatan Istri)* (Doctoral dissertation, Universitas Hasanuddin).
- Rohmah, N., Yudhantara, D. S., & Agustasari, K. I. (2025). Hubungan Usia dan Paritas Dengan Gejala Depresi Postpartum Pada Ibu Nifas. *Jurnal MID-Z (Midwifery Zigot) Jurnal Ilmiah Kebidanan*, 8(2), 101-107. <https://doi.org/10.56013/jurnalmid-z.v8i2.5049>
- Sartini, N. W. (2020). Ekspresi verbal masyarakat Bali terhadap kelahiran bayi: Kajian linguistik kebudayaan. *Jurnal Kajian Bali (Journal of Bali Studies)*, 10(2), 395-416.
- Shidende, P., Bates, R., Lee, R., & Smith, C. (2024). Nurses' and midwives' experiences of managing parental postnatal depression: a scoping review. *Journal of advanced nursing*, 80(11), 4395-4411. <https://doi.org/10.1111/jan.16186>
- Sidhu, G. S., Sidhu, T. K., Kaur, P., Lal, D., & Sangha, N. K. (2019). Evaluation of peripartum depression in females. *International Journal of applied and basic medical research*, 9(4), 201. https://doi.org/10.4103/ijabmr.IJABMR_23_19
- Singla, D. R., Kumbakumba, E., & Aboud, F. E. (2015). Effects of a parenting intervention to address maternal psychological wellbeing and child development and growth in rural Uganda: a community-based, cluster-randomised trial. *The Lancet Global Health*, 3(8), e458-e469.
- Smorti, M., Ponti, L., & Pancetti, F. (2019). A comprehensive analysis of post-partum depression risk factors: The role of socio-demographic, individual, relational, and delivery characteristics. *Frontiers in public health*, 7, 295. <https://doi.org/10.3389/fpubh.2019.00295>
- Stentzel, U., Grabe, H. J., Schmidt, S., Tomczyk, S., van den Berg, N., & Beyer, A. (2023). Mental health-related telemedicine interventions for pregnant women and new mothers: a systematic literature review. *BMC psychiatry*, 23(1), 292. <https://doi.org/10.1186/s12888-023-04790-0>
- Tinsae, T., Fentahun, S., Medfu, G., Shumet, S., Tadesse, G., Koye, S., ... & Getinet, W. (2026). The global burden and risk factors of common mental disorders in pregnant women: a systematic review and meta-analysis. *Scientific reports*. <https://doi.org/10.1038/s41598-026-53149-4>
- Utami, F. P., & Nurfita, D. (2022). Postpartum blues reviewed by the risk factors in Indonesia. *Journal of Ideas in Health*, 5(4). <https://doi.org/10.47108/jidhealth.Vol5.Iss4.258>
- Vermeulen, J., Bilsen, J., Buyl, R., De Smedt, D., Gucciardo, L., Faron, G., & Fobelets, M. (2022). Women's experiences with being pregnant and becoming a new mother during the COVID-19 pandemic. *Sex. Reprod. Healthc.*, 32, 100728. <https://doi.org/10.1016/j.srhc.2022.100728>
- Yese, B. S., Poto, A., & Waruwu, N. N. (2023). Penilaian Gereja Katolik Terhadap Perkawinan Tanpa Anak. *Jurnal Magistra*, 1(4), 178-195. <https://doi.org/10.62200/magistra.v1i4.72>