Factors Predicting Depression in Adolescent Pregnant Woman *

Rungtip Kasak, RN, MNS¹, Yaowalak Serisathien, RN, PhD¹, Areerat Bangpichet, RN²

Abstract

**Purpose:** To determine the factors predicting depression in adolescent pregnant woman.

**Design:** A correlational predictive design.

**Methods:** The sample were composed of 145 first-time pregnant women aged between 10-19 who attended antenatal clinic at Siriraj Hospital. Data were collected using demographic data form, Rosenberg’s self-esteem Scale, the Short–Form Locked Marital Adjustment Questionnaire, the Multidimensional Scale of Perceived Social Support, and the Center for Epidemiologic Study-Depression Scale. Results were analyzed using descriptive statistics, point biserial correlation, Pearson’s correlation and multiple regression.

**Main findings:** The results showed that 20.6% of the adolescent pregnant women experienced depression. There was a negative correlation between self-esteem \( r = -0.533, p < 0.01 \), marital adjustment \( r = -0.433, p < 0.01 \), social support \( r = -0.242, p < 0.01 \), type of family \( rpb = -0.21, p < 0.01 \), family income \( r = -0.170, p < 0.05 \) and depression. Results of multiple regression analysis indicated that self-esteem \( \beta = -0.401, p < 0.001 \) marital adjustment \( \beta = -0.255, p < 0.01 \), and type of family \( \beta = -0.165, p < 0.05 \) could significantly predict depression. All 13 factors could explain 40% of the variance in the depression.

**Conclusion and recommendations:** The findings suggest that nurses should screening depression in adolescent pregnant women and should develop nursing interventions or programs to reduce depression, promote self-esteem, and marital adjustment. Establishment of adolescent pregnant clinic for those who lack support from parents and relatives is essential.

**Keywords:** adolescent pregnant women, depression, marital adjustment, self-esteem, type of family

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¹ Faculty of Nursing, Mahidol University, Bangkok, Thailand

² Obstetrics & Gynecological Nursing Division, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand