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ANTENATAL MENTAL HEALTH INFORMATION PROVISION IN CHINA UGANDA FRIENDSHIP HOSPITAL NAGURU, UGANDA

ABSTRACT

Some women experience psychological distress when pregnant or after giving birth. Depression and anxiety are the most widely recognized psychological well-being issues during pregnancy. The aim of the study was to examine antenatal mental health information provision in China Uganda Friendship Hospital Naguru in Uganda (CUFHN). Objectives were to: examine antenatal mental health information (AMHI) needs of pregnant women with mental health challenges, at CUFHN; establish antenatal mental health information services, and sources through which information is provided; examine provision, access, utilization and benefits of antenatal mental health information to the pregnant women with mental distress; determine the barriers, towards provision, access and utilization of antenatal mental health information

This research adopted a case study research design, with a qualitative research approach. The research further used the interpretivism research paradigm to deal with in-depth variables and factors relating to AMHI. Purposive and Convenience sampling technique were adopted as sampling strategies.

The AMHI) needs of pregnant women at CUFHN were stress management, emotional change, a variety of information and awareness topics, management of antenatal mental health symptoms, and myths and cultural beliefs among women indicating the importance of addressing their antenatal mental health information needs. The services provided by CUFHN to the pregnant women included: counselling services, mental health services support, education and awareness through health talks, gender based violence screening and mental assessment services, information on pregnancy related complications services and information dissemination services. The sources through which information is provided include: Television screens, charts, posters, notice boards, through experienced peer to peer and brochures.

AMHI was accessed through print media- posters, brochures; hospital television set and information through organized sessions by CUFHN and peer-to-peer support. Barriers included stigma, cultural beliefs, limited access to information, lack of adequate space, lack of awareness, follow up challenges, and weak referral information provision systems.

The study concluded that addressing antenatal mental health information provision among pregnant women is crucial. Timely intervention and support remain crucial for recovery, providing comprehensive information packages regarding these mental health issues is essential to meet pregnant women's antenatal mental health information needs and promote awareness. Addressing the pregnant women antenatal mental health needs is vital for enhancing maternal well-being and ensuring informed decision-making between pregnant women, providing comprehensive information packages regarding these antenatal mental health issues is essential to meet pregnant women's antenatal mental health information needs and promote information awareness.

The study recommends AMHI provision and access policy, CUFHN should adopt the proposed model, which the researcher believes should be able to address all the challenges the hospital and the pregnant women are facing. The government of Uganda through the Ministry of health should support CUFHN to incorporate antenatal mental health information provision to be part of the work policies, CUFHN should provide a safe and private space for pregnant women to express concerns and receive information on guidance, coping strategies, and psycho-education on managing stress, anxiety, and depression.