

**EFFECTS OF THE MIND-BODY
INTERVENTION PROGRAM IN ALLEVIATING
POST-PARTUM DEPRESSION SYNDROME**

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ABSTRACT

OBJECTIVES: In an attempt to offer further insights in the development of counselling skills to population at risk, this counselling program was tested among mothers with postpartum depression (PPD) to determine the effects of Mind-Body Intervention Program (MBIP). **METHODOLOGY:** Utilizing an Embedded Design: Embedded Experimental Model (1), it included 385 postpartum mothers from the Out-Patient Department of De La Salle University Medical Center, City of Dasmariñas, Cavite. These mothers were screened for PPD symptoms through Edinburgh Postnatal Depression Scale (EPDS), and underwent psychiatric assessment, utilizing Hamilton Depression Scale (HAM-D) to clinically diagnose PPD. **RESULTS:** Out of 385 participants, 42 qualified and underwent permuted block randomization. After the individualized, eight sessions of MBIP, the following were revealed: In the experimental group, the 17 mothers with depression in the pre-test decreased to 2 (11.8%) in the post-test and 1 (5.9%) in the delayed post-test. As to the control group, the 19 mothers with depression in the pre-test decreased to 7 (36.8%) in the post-test and 7 (36.8%) in the delayed post-test. The dropout rates were 19% (4/21) and 9.5% (2/21) for the experimental and control groups, respectively. The t-test result for comparing average post-test score of the experimental group (3.12) and the control group (6.00) had a p-value of 0.074, which means that there was no significant difference between the two groups. This shows that the participants responded positively to both interventions. On the other hand, after two months, the mean delayed post-test score of 1.53 (normal or no depression) with $p < 0.012$ of the experimental group, and mean delayed post-test score of 7.21 (almost normal or near-mild depression) with $p < 0.012$ of the control group was statistically significant (p -value=0.024). This means, those in the experimental group maintained their feelings of well-being more than those from the control group. The t-test results for intention to treat data were the same with the results of t-tests when dropouts were excluded. This finding reveals that the data collected was sufficient to give a valid result. **CONCLUSION:** Therefore, the findings appear that mind-body intervention program can alleviate mild to moderate post-partum depression for those mothers without psycho-pathologic ailment such as anxiety neuroses, phobias or personality disorders; hence, it can be an option in the absence of pharmacotherapy for this condition.

KEYWORDS: *Mind-Body Intervention Program, Postpartum Depression*

**PROFILE OF SUICIDE DEATHS IN THE
PHILIPPINES FROM 2004-2008**

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ABSTRACT

OBJECTIVE: The study was conducted to describe the demographic characteristics and methods of suicide deaths from 2004-2008. **METHODOLOGY:** This was a descriptive study of the profile of suicide deaths in the Philippines, based from the records of the Philippine National Police Crime Laboratory at Camp Crame in Quezon City, Philippines. Records of cases of suicide deaths confirmed by the PNP Crime Laboratory between the dates of January 1, 2004 to December 31, 2008 were collected including age, sex, and mode of suicide. **RESULTS:** There were a total of 135 records of suicide deaths that were accessed. Among the 135 subjects, 86 (63.71%) were males and 49 (36.29%) were females at a ratio of 1.7: 1. Subjects' age ranged from 8-80 years. Seventy four cases (54.81%) of total cases belonged to the 20-40 year old age group, followed by the 41-64 year-old age group with 45 cases or 33.33% of total cases. Twelve subjects (8.88%) of total cases belonged to the 8-19 year-old age group, and 4 subjects or 2.96% of total cases belonged to the 65-80 age bracket. No cases were recorded below 7 years old and above 80 years old. One hundred twenty one of 135 total number of cases (89.62%) resorted to hanging themselves while 8 (5.92%) used firearms to kill themselves. Five (3.71%) jumped from high places and 1 (0.75%) died of chemical ingestion. **CONCLUSION:** The study showed that majority of suicide deaths belonged to the 20-40 year-old age group and more suicide deaths occurred among males. As to age distribution by sex, most deaths occurred among the 20-40 year-old age group for both sexes. Lastly, hanging was noted to be the leading mode of suicide among the subjects.

KEYWORDS: *Suicide Deaths, Completed Suicide, Demographic profile*