



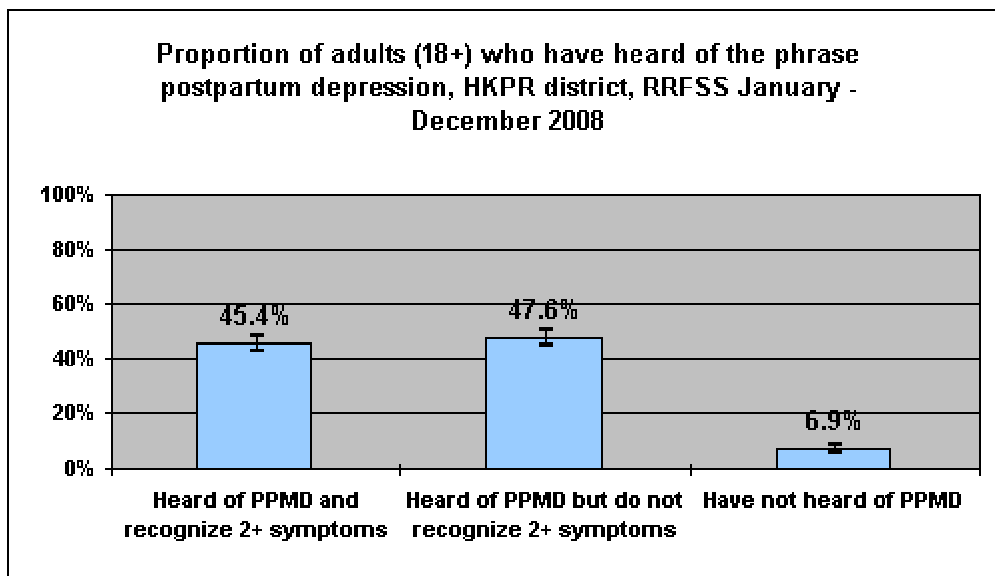
## Proportion of adults (18+) who have heard of the phrase postpartum depression (PPMD), HKPR district, RRFSS January – December 2008

**Table 1: PPMD (awareness of PPMD and recognition of symptoms)**

Awareness of the phrase "postpartum depression"	Proportion	95% upper confidence limit	95% lower confidence limit
Heard of PPMD and recognize 2+ symptoms	45.4%	48.3%	42.6%
Heard of PPMD but do not recognize 2+ symptoms	47.6%	50.5%	44.8%
Have not heard of PPMD	6.9%	8.4%	5.5%

sample size 1189

**Figure 1: PPMD (awareness of PPMD and recognition of symptoms)**



**Interpretation:**

45.4% (+/-3%) of adults (18+) have heard of postpartum depression and recognize two or more symptoms.

47.6% (+/-3%) of adults (18+) have heard of postpartum depression but do not recognize two or more symptoms.

6.9% (+/-1%) of adults (18+) have not heard of postpartum depression.

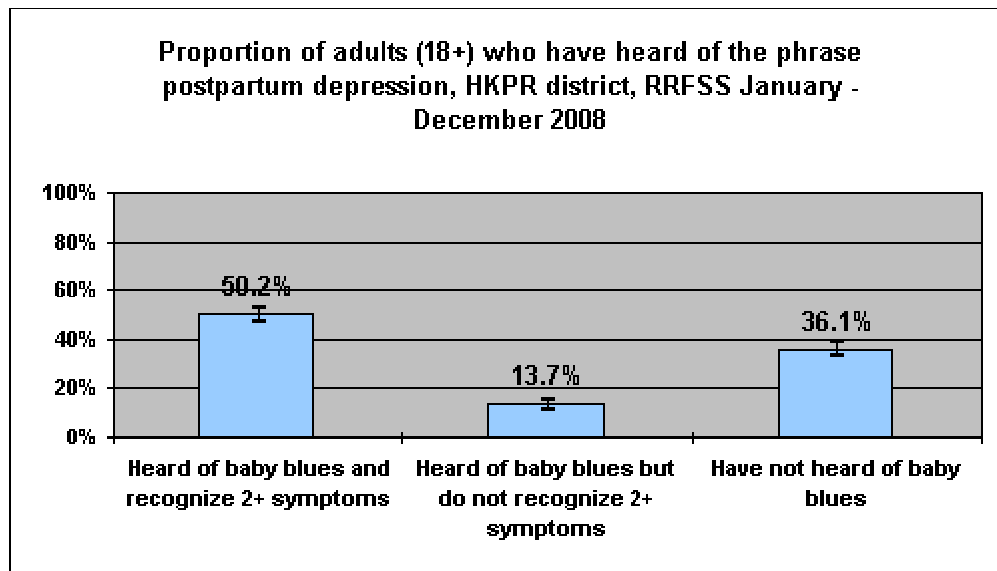
**Proportion of adults (18+) who have heard of the phrase “baby blues”,  
HKPR district, RRFSS January – December 2008**

**Table 2: PPMD (awareness of baby blues and recognition of symptoms)**

Awareness of the phrase "baby blues"	Proportion	95% upper confidence limit	95% lower confidence limit
Heard of baby blues and recognize 2+ symptoms	50.2%	53.0%	47.3%
Heard of baby blues but do not recognize 2+ symptoms	13.7%	15.7%	11.7%
Have not heard of baby blues	36.1%	38.9%	33.4%

sample size 1180

**Figure 2: PPMD (awareness of baby blues and recognition of symptoms)**



**Interpretation:**

50.2% (+/-3%) of adults (18+) have heard of baby blues and recognize two or more symptoms.

13.7% (+/-2%) of adults (18+) have heard of baby blues but do not recognize two or more symptoms.

36.1% (+/-3%) of adults (18+) have not heard of baby blues.

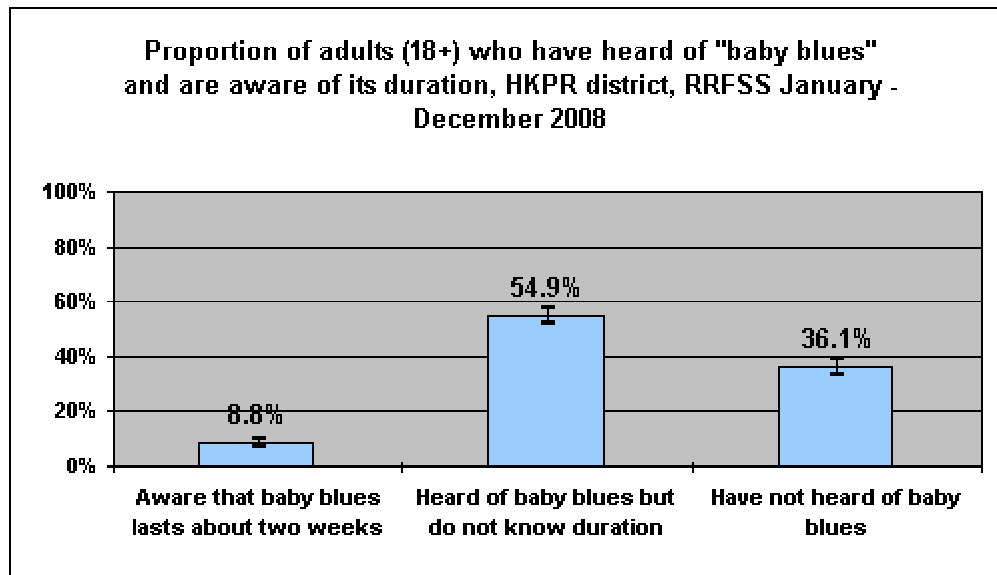
**Proportion of adults (18+) who have heard of “baby blues” and are aware of its duration, HKPR district, RRFSS January – December 2008**

**Table 3: PPMD (duration of baby blues)**

Duration of "baby blues"	Proportion	95% upper confidence limit	95% lower confidence limit
Aware that baby blues lasts about two weeks	8.8%	10.4%	7.2%
Heard of baby blues but do not know duration	54.9%	57.8%	52.1%
Have not heard of baby blues	36.1%	38.9%	33.4%

sample size 1180

**Figure 3: PPMD (duration of baby blues)**



**Interpretation:**

8.8% (+/-2%) of adults (18+) who have heard of the phrase “baby blues” are aware of its duration (i.e. baby blues lasts two weeks).

54.9% (+/-3%) of adults (18+) who have heard of the phrase “baby blues” are not aware of that the condition lasts about two weeks.

36.1% (+/-3%) of adults (18+) have not heard of the phrase “baby blues.”

**Among adults (18+) who have heard of “postpartum depression” and/or “baby blues”, proportion who are aware that only postpartum depression requires professional help, HKPR district, RRFSS January – December 2008**

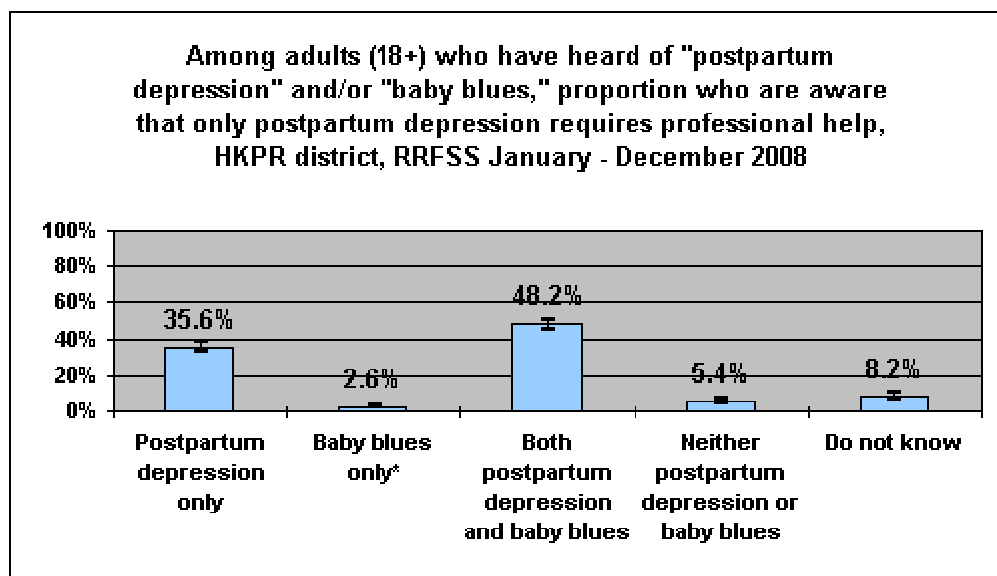
**Table 4: PPMD (professional help)**

Professional help required	Proportion	95% upper confidence limit	95% lower confidence limit
Postpartum depression only	35.6%	38.4%	32.8%
Baby blues only*	2.6%	3.5%	1.7%
Both postpartum depression and baby blues	48.2%	51.1%	45.2%
Neither postpartum depression or baby blues	5.4%	6.8%	4.1%
Do not know	8.2%	9.8%	6.6%

sample size

1121

**Figure 4: PPMD (professional help)**



**Interpretation:**

35.6% (+/-3%) of adults (18+) who have heard of postpartum depression and/or “baby blues” are aware that only postpartum depression requires professional help.

2.6%\* (+/-1%) of adults (18+) who have heard of postpartum depression and/or “baby blues” think that only “baby blues” requires professional help.

48.2% (+/-3%) of adults (18+) who have heard of postpartum depression and/or “baby blues” think that they both require professional help.

5.4% (+/-1%) of adults (18+) who have heard of postpartum depression and/or “baby blues” think that neither requires professional help.

8.2% (+/-2%) of adults (18+) who have heard of postpartum depression and/or “baby blues” do not know whether either requires professional help.

**Among adults (18+) who know that postpartum mood disorder requires professional help, where to go for help, by source, HKPR district, RRFSS January – December 2008**

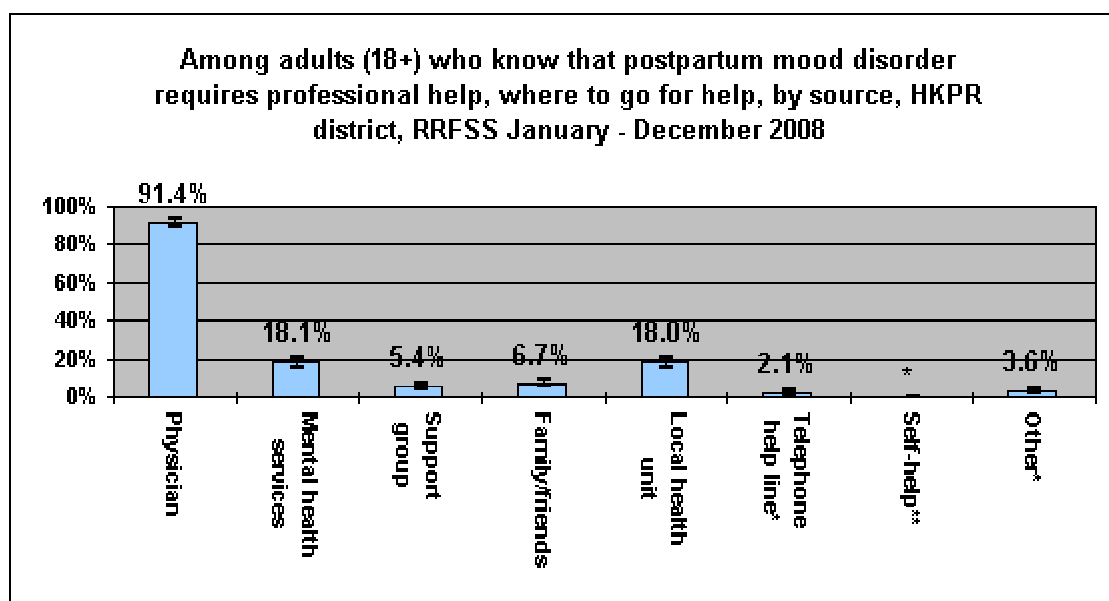
**Table 5: PPMD (where to go for help)**

Awareness of where a woman with postpartum depression can go for help	Proportion	95% upper confidence limit	95% lower confidence limit
Physician	91.4%	93.2%	89.5%
Mental health services	18.1%	20.6%	15.6%
Support group	5.4%	6.9%	3.9%
Family/friends	6.7%	8.3%	5.0%
Local health unit	18.0%	20.5%	15.5%
Telephone help line*	2.1%	3.1%	1.2%
Self-help**	**	**	**
Other*	3.6%	4.9%	2.4%

sample size

913

**Figure 5: PPMD (where to go for help)**



**Interpretation:**

91.4% (+/-2%) of adults (18+) who know that postpartum mood disorder requires professional help, would go to a physician.

18.1%\* (+/-3%) of adults (18+) who know that postpartum mood disorder requires professional help would go to mental health services.

5.4% (+/-2%) of adults (18+) who know that postpartum mood disorder requires professional help would go to a support group.

6.7% (+/-1%) of adults (18+) who know that postpartum mood disorder requires professional help would go to family/friends.

18.0% (+/-3%) of adults (18+) who know that postpartum mood disorder requires professional help would go their local health unit.

2.1% (+/-1) of adults (18+) who know that postpartum mood disorder requires professional help would use a telephone help line.

3.6% (+/-1) of adults (18+) who know that postpartum mood disorder requires professional help would use another source.

**Limitations:**

1. Questions are only asked of adult residents aged 18+.
2. Telephone survey only conducted in English.
3. Results are based on self-reported behaviours and conditions.
4. (\*) indicates that results are based on small sample size, thus estimates have high variability.

**Notes:**

- 1) The numbers in the tables and graphs are weighted.
  - 2) Missing responses are not included in the analysis.
  - 3) 'Don't Know' and 'Refused' responses are analyzed according to RRFSS Analysis Guidelines.
  - 4) Release criteria of the data are according to RRFSS Analysis Guidelines.
- \* Interpret with caution, high variability.  
\*\* Data not released.