

## Evaluation of depression after tubal ligation

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### Abstract

Tubal ligation is an effective and convenient means of contraception and is becoming increasingly popular as a birth control technique in the world. Aim of this study is to compare depression degree before and after tubal ligation. For this purpose, 60 women with 23-51 years old referring to Shiraz Hospital who were candidates for tubal ligation were chosen and evaluated.

Women's depression degree was assessed by Beck depression inventory one day before and six months after operation. Pre and postoperative results were compared by paired t-test.

The mean score of depression before operation was  $9.42 \pm 8.85$  and in six months later was  $17.47 \pm 11.14$  ( $P < 0.0001$ ).

If the significant difference will be approved by similar studies, importance of follow up and evaluation of probable factors such as biological or psycho-social are advised so that by proper interventions, we will be able to prevent probable depression in this group of women.

The results of this study revealed significantly higher degree of depression after tubal ligation. We could point to some contributing factors such as: changes in the patient's self-image, feeling of irreversibility of operation, fear of negative evaluation of other, negative attitude of husband and some biological factors. If these findings will be confirmed in future studies, we can plan proper interventions for prevention of depression in this group of women.

**Keywords:** Depression, Tubal ligation, Contraception and Beck depression inventory.

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