



Postpartum Depression Screening Tool Adaptation and Validation in Primary Healthcare Providers in Kigali, Rwanda: A Feasibility Study

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Abstract

Postpartum depression (PPD) is a significant public health issue affecting both maternal mental wellbeing and child development. In Rwanda, primary healthcare providers are crucial for early detection and timely intervention of PPD. A mixed-methods approach was employed including face-to-face interviews, structured questionnaires, and direct observations. The EPDS was translated into Kinyarwanda with cultural adaptations based on local beliefs and practices. Among the primary healthcare providers ($n=100$), 25% screened positive for PPD using the adapted EPDS, indicating a need for further validation \wedge stan context. The adaptation of the EPDS into Kinyarwanda demonstrated initial feasibility as a screening tool among primary healthcare providers but requires further refinement to ensure accuracy and cultural relevance. Further research should validate the EPDS using validated tools like the Patient Health Questionnaire (PHQ-9), and explore its effectiveness in diverse populations within Rwanda's healthcare system.

Keywords: *Postpartum Depression, Rwanda, Primary Healthcare, Screening Tools, Validation Studies, Feasibility Studies, Community Health Providers*

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