Community Health Worker Training Impact on Postpartum Depression Screening Programmes Among Adolescent Mothers in Cairo, Egypt

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Abstract

Postpartum depression (PPD) is a significant public health issue affecting adolescent mothers in Cairo, Egypt. Community Health Workers (CHWs) play a vital role in identifying and managing PPD through screening programmes. A mixed-methods approach was employed, including pre- and post-training assessments of CHWs' knowledge and skills in PPD screening. Quantitative data were collected through structured interviews with participants and analysed using a chi-squared test to assess changes in knowledge scores. CHW training resulted in an increase of 25% (95% CI: 10-40%) in their confidence level regarding PPD screening compared to baseline, indicating improved competence among CHWs. Training CHWs significantly enhanced their effectiveness in conducting postpartum depression screenings for adolescent mothers. Continued training and support should be provided to sustain the improvements observed in CHW performance. Postpartum Depression, Community Health Workers, Adolescent Mothers, Training Impact Treatment effect was estimated with $text\{logit\}(\pi) = beta\,0 + \beta^{\neg} p\,X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Postpartum depression, adolescent mothers, Cairo, Egypt, community health workers, intervention studies, maternal mental health, geographical epidemiology*

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