
Postnatal Blues- The Hong Kong Chinese Women's Experiences

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The aim of this study is to explore the Hong Kong Chinese women's experiences on postnatal blues and the potential role of midwives in helping these women. To achieve this aim, the study has adopted a qualitative method in the data collection and semi-structured interview was used. Eleven postnatal women who had been identified as having blues were interviewed either face-to-face or through telephone. They were asked to comment on their feelings and perceived needs at the time of blues. The interviews were tape-recorded and transcribed verbatim, first into Chinese and then English. Content analysis was carried out to identify themes and categories. The finding illustrated the women's experience of blues, their perceived causes of the distress, and the mediating factors that contributed to their recovery. To conclude, the study has showed us a picture of misery of some of the postnatal women. Although the finding does not offer us a way to prevent the blues, but it does provide insight for midwives to help to alleviate the emotional distress of the postpartum women.

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本研究的目的是探討香港中國婦女產後情緒低落的經歷，及助產士如何能為她們在有關方面給予幫助。本研究採用了質性方法(qualitative method)，並使用半結構性面談來作資料收集。在研究過程中，曾面見或電話調查 11 位經歷過產後情緒低落的婦女，她們被要求說出當情緒低落時，她們自己的感受和需要。面談過程皆被錄音，之後將談話內容直接轉錄為中文，再將中文翻譯為英文，經內容分析後確立歸類和主題。研究結果說明了這些婦女在情緒低落時的感受，自覺認為受困的原因，及促使她們康復的因素。總括而言，本研究給我們描繪了一些產後情緒低落婦女悲傷，雖然，未能提供預防情緒低落的方法，但卻能給予助產士一些洞識力，去協助產後婦女減輕情緒上的困擾。

「關鍵詞」產後情緒低落 香港中國婦女

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