

**A STUDY ON MENTAL HEALTH STATUS OF ANTENATAL
MOTHER ATTENDING ANTENATAL CARE SERVICE IN UPHC'S &
UCHC'S IN CHENNAI, TAMILNADU TOWARDS ACHIEVING
SUSTAINABLE DEVELOPMENT GOALS.**

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ABSTRACT

The purpose of the research is to know “The antenatal depression, anxiety, stress and associated factors among pregnant mother’s attending antenatal care service in UPHC’s & UCHC’s in Chennai, Tamilnadu”. The study focuses on the prevalence of antenatal mothers with the mental health problems, and on the support from the family, workplace and government. The study employed quantitative method by utilizing data collection tool DASS 21 depression, anxiety, stress scale used to measure the level of depression, level of stress, level of anxiety. The major finding of the study includes level of depression, level of stress and level of anxiety and the social determinants of the antenatal mother. The scope of the research includes policy formation, increasing of researches in the field of maternal mental health and creating a quality healthcare system. The sustainable development goal- good health and well – being also important for the effective development of country where the maternal and mental health also matters which in turn reduces the infant mortality rate, malnourishment of child.

KEYWORDS: *Pregnancy, Mental health, Anxiety, Depression, Stress.*