

Globally, PPD prevalence varies widely from region to region, and cultural differences might influence risk factors. According to studies done in the Gulf region, the prevalence of PPD was estimated to be 11.7% in Kuwait and 33% in Dubai, United Arab Emirates. The prevalence rate was not consistent in all studies even though they share similar socioeconomic conditions, such as only 10% PPD prevalence was reported in a study done in Sharjah, UAE, whereas, a study in Qatar found 17.6% of PPD prevalence. Further, a report from Lebanon explained only 12.8% of PPD, whereas, an epidemiological study conducted among rural women in Minia, Egypt showed 49.5% of PPD occurrence. Some studies have been done in Saudi Arabia, for example, in Dammam 17.8% prevalence of PPD has been reported in 2014, while another study in Jeddah showed a prevalence of 23.9% in 2015. A study published in 2014 from Saudi Arabia demonstrated 17.8% of PPD prevalence in Dammam region. A recent meta-analysis of 59 studies of postpartum depression showed a prevalence of 13%. PPD is less prevalent in traditional cultural settings such as China.