

Household Food Insecurity, Maternal Mental Health and Self-Efficacy

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Abstract : Background: Household food insecurity has an adverse impact on the maternal mental health. This study was carried out to assess the relationship between household food insecurity, maternal depression and mother's self-efficacy in Varamin, Iran, in 2014. Methods: In this cross-sectional study 423 mothers with children under 2 years old, with mean age 28.1 ± 5.2 year; weight 66.3 ± 13.4 kg; height 160.3 ± 5.7 cm and BMI 25.7 ± 4.8 kg/m² were selected by a multistage random sampling scheme. The instruments were: Beck Depression Inventory (BDI-III) and mother's self-efficacy questionnaire. Data was analyzed using χ^2 test, ANOVA and Pearson correlation. Results: Mildly, moderately and severely food insecure households were 39.5, 9.7 and 3.1%, respectively. Mild, moderate and severe depression was: 18.7, 13.9 and 5.7%. Mean score of depression in moderate and severe food insecure (8.6 ± 5.3) was more than mild food insecure (4.8 ± 4.7) and food secure (3.1 ± 3.6) mothers. Frequency of very good, good and low mother's self-efficacy were 62.8, 36.5, and 0.7%, respectively. Very good mother's self-efficacy in food secure mothers (33.4%) was more than mild (25.4%) and moderate-severe food insecure groups (4%). There was a negative significant association between household food insecurity and mother's self-efficacy ($r = -0.297$, $p < 0.01$), and between mother's depression and self-efficacy ($r = -0.309$, $p = 0.001$). Conclusion: Empowerment of mothers with educational programs and social support can decrease mothers' depression and increase self-efficacy that lead to improve maternal practices in food insecure households.

Keywords : Household food insecurity, Iran, mothers, physiological characteristics, self-efficacy

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