

Economic Status, Does Not Determine Postpartum Quality of Life. A New Finding in Mixed Method Study

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Background and the objectives: The postpartum period is a critical period associated with a series of changes in the woman that have social, mental and physical effects on her life. A careful follow-up of postpartum women in terms of these factors can help improve healthcare and prevent further damage. Quality of life is defined as the general health of people and societies and entails both positive and negative aspects of life and also life satisfaction, which includes satisfaction with physical health, family, education, occupation, wealth, religious beliefs, financial status and environment. This study was conducted that Economic Status, Does Not Determine Postpartum Quality of Life. Methods This methodological study was conducted in 2019 -2020. This a mixed-method study was conducted in 2 phases. Content analysis and psychometric evaluation of the developed MPQOL-I Instrument. Through purposeful sampling, 590 postpartum Iranian women in the first six weeks after delivery were recruited to respond the instrument. Results: In the qualitative phase (conventional content analysis)of the interviews with twenty postpartum women resulted in the development of 1009 primary codes and reduced to 113 final codes in 41 subcategories, sixteen main categories, and six main themes. Based on the qualitative study phase, postpartum QOL was defined as a relative and multidimensional concept affected by women's perceptions and experiences of the support received , maternal and neonatal psycho-emotional conditions, maternal health status, breastfeeding and neonatal care status, socioeconomic status, and change in the rhythm of life according to maternal roles. In the quantitative phase (psychometric evaluation), 5 factors were extracted from 16 items through exploratory factor analysis: (1) received support, (2) sexual relations, (3) bonding with the newborn, (4) breastfeeding and newborn care, and (5) the transition period. conclusion: In the present study, exploratory factor analysis and extracted latent variables showed valuable results. Under the influence of expectations, goals, values, and standards of the postpartum period, women's perceptions of their situation in life change fundamentally. For instance, economic issues are not as

crucial as "newborn bonding with the mother " and "caring and breastfeeding " for the mother in the postpartum period. This study showed that in the first six weeks after delivery, economic issues do not affect the quality of life, and it seems that this is a remarkable and essential finding. On the other hand, the "support received " is the most crucial issue of this period.

Keywords: *Economic Status, Postpartum, Quality of Life*