

**Risk Factors associated with Common Maternal Mental Disorders (CMMD) and its
Influence on Physical Growth of Under-5 Children in Selected Hospitals in Ibadan**

Saint-Perfect Oluwajomiloju, EMMA-JIMO
LCU/PG/006618

**Being a Thesis Submitted to the Department of Public Health; Faculty of Basic Medical
and Health Science, Lead City University, Ibadan, Oyo State, Nigeria**

**In Partial Fulfillment of the Requirements for the Award of Masters of Science Degree
(MPH) in Public Health**

Certification

This is to certify that Saint-Perfect Oluwajomiloju, EMMA-JIMO with matriculation number LCU/PG/006618 carried out this research work titled, **“Risk Factors associated with Common Maternal Mental Disorders (CMMD) and its Influence on Physical Growth of Under-5 Children in Selected Hospitals in Ibadan”** in the Department of Public Health, Faculty of Basic Medical and Health Science, Lead City University, Ibadan Oyo State, for the award of Masters of Science in Public Health (MPH) and that this has not been previously submitted.

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Dr. Mofadeke T. Ajayi
(Supervisor)

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Date

.....

Dr. Folahanmi T. Akinsolu
(Head of Department)

.....

Date

Dedication

To my Lover, Father, Defender and Friend: Jesus; To Motherhood and Overall Child Sanity.

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Acknowledgement

My deepest gratitude is unto God, who gave me favor, peace, strength, sanity, grace, gift of men, unexplainable calm throughout this next educational achievement journey.

I sincerely appreciate the body of Lead City University for the opportunity to carry on my educational journey without wasting time. In accordance, I appreciate the school for the knowledge imparted during this season. I appreciate the facilities that supported this work: the Child Welfare Unit, University College Hospital Ibadan; Immunization Unit and Child Out-Patient Unit of the Adeoyo Maternity Teaching Hospital and the Jericho Specialist Hospital as well as an individual facilitator for his generous contribution to my fieldwork, you are highly honored. My profound gratitude goes to my supervisor for her guidance and support at every stage of this research. To all my lecturers, I remain grateful for the wealth of knowledge imparted throughout the course of this program. Here is to appreciating the closest, stable and functional support system God blessed me with; My Parents: Dr and Mrs Emma Jimo as well as the best sisters in the world who doubled as research assistants for the progress of this work. Your love, encouragement, and support have been a strong pillar throughout this journey. Thank you for taking on this work with same effort as if it was yours. Much love goes out to you all. God bless you.

Although the above-mentioned individuals and institutions have provided invaluable assistance in the completion of this work, I alone accept full responsibility for any errors or shortcomings that may be found herein.

Abstract

Maternal mental health is increasingly recognized as a critical determinant of child survival and development, yet it remains underexplored in Nigeria. This study assessed the prevalence of common maternal mental disorders (CMMD) and their association with child growth among mothers of children aged 0–59 months in Ibadan. A descriptive cross-sectional design was adopted, and 291 mother–child pairs were recruited from selected hospitals. Data were collected using the Self-Reporting Questionnaire (SRQ-20) and standard anthropometric measurements of children. Logistic regression analysis was employed to identify predictors of maternal mental health. The findings showed that **13.7%** of mothers met the threshold for CMMD, a prevalence aligning with most regional and global estimates, indicating that approximately one in seven mothers experienced common maternal mental disorders. Common symptoms included headaches (33.3%), nervousness (23.7%), and loss of interest in daily activities (24.1%), with 8.6% reporting suicidal ideation. Nutritional assessment revealed that **30.9%** of children were stunted, **17.1%** were underweight, **3.8%** had severe acute malnutrition and 12% microcephaly while **5.8%** were overweight, reflecting the emerging double burden of malnutrition. Maternal mental health was significantly associated with child acute malnutrition based on Mid-Upper Arm Circumference ($p = 0.002$) and head circumference ($p = 0.048$), though not with stunting or underweight. Independent predictors of CMMD included single motherhood (AOR= 9.75), low partner education level (AOR=7.69), high stress (AOR = 8.28), recent abuse (AOR = 8.71), and perceived unsafe neighborhoods (AOR = 45.08). The study concludes that maternal mental health is still under-recognized but has significant influence on child growth outcomes in Nigeria. It recommends integrating mental health screening into routine maternal and child health services, strengthening psychosocial support, and addressing socio-economic and community-level risk factors to improve both maternal well-being and child survival.

Keywords: Maternal Mental Health, Common Maternal Mental Disorders, Child Physical Growth, Depression, Anxiety, Somatic Symptoms

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List of Acronyms

Abbreviation	Full Meaning
MMR	Maternal Mortality Rate
CMD	Common Mental Disorders
CMMD	Common Maternal Mental Disorders
U5MR	Under-5 Mortality Rate
PEM	Protein-Energy Malnutrition
WBG	World Bank Group
WHO	World Health Organization
UN	United Nations
UNCF	United Nations Children Fund
UNICEF	United Nation International Children Emergency Fund
SSA	Sub-Saharan Africa
LMICS	Low-Middle Income Countries
SES	Socioeconomic Status
SRQ-20	Self-Reporting Questions-20
SEM	Socio-ecological Model
CPG	Child Physical Growth
MUAC	Mid-Upper Arm Circumference
HC	Head Circumference