

Table of Contents:

ACKNOWLEDGEMENTS:	1
ABSTRACT:	2
ملخص البحث:	4
INTRODUCTION:	6
RESEARCH QUESTIONS:	9
Chapter 1 LITERATURE REVIEW	10
1.1. Significance of the postpartum period:	10
1.2. Health Care during the Postpartum Period:	11
1.2.1 Coverage and Utilization of Care:	11
1.2.2 Quality of Care and Content of the Postnatal Visit:	13
1.2.3 Alternative Approaches to Care:	16
1.3. The postnatal period as transition: changing family relations and the need for adjustments	18
1.4. Social support and postpartum health:	19
1.4.1 Social support and maternal wellbeing:	20
1.4.2 Social Support and infant health:	23
1.5. 'Quality of Life' as a comprehensive measurement of postpartum well-being:	23
Chapter 2 METHODOLOGY	26
2.1. Phase I- Focus Group Discussions and instrument development	26
2.1.1 Study sample:	26
2.1.2 Data Analysis:	27
2.2. Phase II: Fieldwork and quantitative data analysis	28
2.2.1 Sampling frame, target population, and sample size:	28
2.2.2 Data collection tool:	29
2.2.3 Data collection:	30
2.2.4 Data Analysis:	30
2.2.5 Variable Explanations:	32
Chapter 3 QUALITATIVE FINDINGS:	35
3.1. Characterization of the postpartum:	35
3.1.1 Exhaustion:	36
3.1.2 New Pressures and Responsibilities:	39
3.1.3 Changes in the emotional state:	44
3.1.4 'Open Body':	46
3.2. Support and Care:	48
3.2.1 Social Support:	48
3.2.2 Emotional Support:	51
3.2.3 Practical Support:	52
3.2.4 Medical Support:	53
3.2.5 Financial Support:	58
3.2.6 Effects of support on Quality of life:	59
3.2.7 Other Factors affecting Quality of Life:	60
3.2.8 Effect of support on ability to care for the child:	62
Chapter 4 DISCUSSION OF QUALITATIVE FINDINGS:	65
4.1. Women's experiences of the postpartum:	65
4.2. Support and Care:	67
Chapter 5 QUANTITATIVE RESULTS:	71

5.1. Sample Characteristics:.....	71
5.1.1 Amenities and Crowding Ratio (rooms/person):	72
5.1.2 Overview of scale results:	72
5.2. Postpartum Quality of life:.....	73
5.2.1 Factors associated with variation in QoL scores:	73
5.2.2 Multi-variate Analysis:	85
5.3. Support Preferences:	95
5.3.1 Support type:	95
5.3.2 Preferred Providers of Support:	96
Chapter 6 DISCUSSION:	99
6.1. Variations in Quality of Life Scores:	99
6.1.1 Scale Scores:	108
6.2. Support Preferences:	109
Chapter 7 CONCLUSIONS:.....	114
Chapter 8 LIMITATIONS OF THE STUDY:	116
Chapter 9 REFERENCES:.....	117
Chapter 10 ANNEXES:	128
10.1. Focus Group Guide:.....	128
10.2. MAPP-QOL Questionnaire:.....	131