

- 一、根據世界人口估計總覽，台灣為全世界生育率較低的國家，請分析台灣少子化的導因，並提出產科護理方面之建議。(25分)
- 二、請舉例說明：將實證護理研究之結果應用於婦女健康問題之解決。(25分)
- 三、請閱讀下列一篇英文研究報告部分內容  
(Reference: Watkins, S., Meltzer-Brody, S., Zolnoun, D., Stuebe, A., 2011. Early breastfeeding experiences and postpartum depression. *Obstetrics and Gynecology* 118, 214-221).
  - 1.依下列標題順序，用中文敘述每一段標題及內容意涵。
    - (1) Background & Objective (5分)
    - (2) Results (15分)
    - (3) Conclusion (15分)
  - 2.請用中文提出你對此研究結果的看法或意見。(15分)

**BACKGROUND:** The first weeks after childbirth are a critical period for mother and newborn. Women may present with lactation failure and postpartum depression. It is unclear how a woman's early breastfeeding experiences relate to postpartum depression.

**OBJECTIVE:** We estimated the association between early breastfeeding experiences and postpartum depression at 2 months.

**RESULTS:** In the neonatal period, 2,586 women reported ever breastfeeding, among whom 223 (8.6%) met criteria for major depression (Edinburgh Postnatal Depression Scale 13 or greater) at 2 months postpartum. Women who disliked breastfeeding in the first week were more likely to experience postpartum depression at 2 months (odds ratio [OR] 1.42, 95% confidence interval [CI] 1.04 – 1.93) adjusting for maternal age, parity, education, ethnicity, and postnatal WIC participation. Women with severe breastfeeding pain in the first day (adjusted OR 1.96, 95% CI 1.17–3.29), the first week (adjusted OR 2.13, 95% CI 0.74 – 6.15 compared with no pain), and the second week (adjusted OR 2.24, 95% CI 1.18 – 4.26 compared with no pain) were more likely to be depressed. Breastfeeding help appeared protective among women with moderate (adjusted OR 0.22, 95% CI 0.05–0.94) or severe (adjusted OR 0.17, 95% CI 0.04 – 0.75) pain with nursing.

**CONCLUSION:** In a large sample of U.S. women, we found that negative early breastfeeding experiences were associated with depressed mood at 2 months postpartum. Extreme breast pain during breastfeeding as well as a general dislike of breastfeeding may identify women who are more likely to experience postpartum depression. Our results suggest that women with breastfeeding difficulties should be screened for postpartum depression, and women with depressive symptoms should be offered breastfeeding support. Screening and treatment of women with early breastfeeding difficulties may reduce the severity of postpartum depression and enable women to meet their breastfeeding goals, thereby improving health outcomes across two generations.