

pos302.23 Maternal mental health and child development

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The aim of this research was to study the association between anxiety symptoms, stress and depression, from the third trimester until fourteen months after birth and the child development. 320 pregnant women in their last trimester, users of SUS (Brazilian National Health Program) took part in this study. They answered an initial interview and questionnaires to evaluate anxiety (STAI), stress (ISSL) and depression (BDI). Six months after birth, the researcher would schedule an interview in the mother's residence to reevaluate. During the second phase, 200 mother-baby dyads participated. Mothers responded to the same materials applied in the previous phase and child development was evaluated through a screening test (Denver Scale II). At 14 months, the development of 149 children was reassessed, and the mothers once more answered the questionnaires to evaluation of mental health. First, statistics logistic regression models were built to identify risk factors and protection to mental symptoms and to child development. The significance level adopted was of $p < 0.05$. A development risk was identified at six months in 40% of children and 31% at 14 months. The percentage of women with anxiety, stress and depression symptoms were significantly higher during gestation. Amongst all variables studied, a delay in the language area at fourteen months was associated with maternal postpartum stress in the fourteenth month afterbirth. The association between stress and language delay at fourteen months, probably indicates that these mothers communicate little with the baby, offering less stimulation in this area. The lack of association between maternal mental issues and development may have occurred because it is a very complex relationship with many variables including mother, child and the interaction between them, which should be looked at in future research.

pos302.24 Prenatal attachment, depression and dyadic adjustment in couples expecting a baby

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Pregnancy is a period that entails many changes in the woman's life, man and consequently in the couple's life. Previous studies have shown that parents' attachment to the baby develops in gestational period and correlates with prenatal depression and quality of marital adjustment. They also proved to have an impact on transition to parenthood and overall emotional involvement between the triad. With this study, we aim compare pre-natal attachment and marital adjustment perception between future mothers and fathers in the 27-40 weeks of pregnancy, and the effect of the marital relationship on attachment. We also address mothers' gestational depression to control its effect. After allowing inform consent, 220 Portuguese couples aged between 18 and 50 years, completed the Portuguese versions of DAS-Dyadic Adjustment Scale (Spanier, 1976), EPDS-Edinburgh Depression Scale (Cox, et al., 1987), MAAS-Maternal Antenatal Attachment Scale and PAAS-Paternal Antenatal Attachment Scale (Condon, 1993). Results shown that woman, compared to men, present a higher level of prenatal attachment to their baby, still in the womb. For both, dyadic adjustment, namely cohesion, correlates significantly to prenatal attachment. Linear regressions conducted per gender, reinforced the impact of the couples' cohesion on the emotional bond developed with the unborn baby. Woman didn't present significant depression symptoms. Although prenatal depression scores have no relation to prenatal attachment, they correlate with the Dyadic Adjustment (cohesion and satisfaction). These results follow previous findings and highlight the importance of including both men and woman, expecting parents in studying the transition to parenthood. Also, we argue that marital family subsystem has a close impact on the future parental subsystem, and on the adaptation and transition to the next challenging milestone on the family life cycle - parenthood.