EFFECTS OF POSTPARTUM PTSD ON CHILD SOCIOEMOTIONAL DEVELOPMENT

The International Psychological Forum “Child in the Digital World”

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RESEARCH TEAM

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The aim of the present study was to investigate the long-term effects of PP-PTSD symptoms on child socioemotional development in Russia. We explored the association between PP-PTSD and child behavioral and emotional problems at the mean age of 2.5 years. Our hypothesis was that PP-PTSD symptoms will be associated with higher levels of child emotional and behavioral problems, even after adjustment for maternal postpartum and concurrent depression.

The study included two stages:

(1) On the first stage of the study women who gave birth within the previous 12 months to a live-born child in Russia completed a survey on their mental health and birth experience.

(2) On the second stage of the study the data on the mothers' mental health and their child's development was collected in 2 years follow-up

The findings are based on the responses of a sample of 419 mother-child dyads: parents (M=33.3, SD=4.29) and children (M=2.24, SD=0.63).

Methods:

(1) City Birth Trauma Scale

(2) Edinburgh Postnatal Depression Scale

(3) Beck Depression Inventory

(4) Child Behavior Checklist (CBCL)

The regression model showed statistically significant association between postpartum PTSD and CBCL scales: internalazing problems (B=0.18, CI:0.09, 0.27, p = 0.00006), externalazing problems B= 0.17, CI: 0.09, 0.25, p = 0.00005), total CBCL scores (B= 0.20, CI: 0.12, 0.28, p = 0.000003).

Associations remained significant after controlling for concurrent maternal depression and postpartum depression. Higher postpartum PTSD scores are associated with higher rates of child's emotional and behavioral problems.

Conclusion

(1) Our findings support the evidence that mother's postpartum PTSD can have its unique consequences for child emotional development

(2) Postpartum PTSD can have long-term effects on child develiopment and maternal mental health

(3) It is important to implement programs for prevention and early intervention for postpartum PTSD that could greatly influence the well-being of women and their children

THANK YOU FOR YOUR ATTENTION

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