

POSTPARTUM DEPRESSION, ANXIETY AND MARITAL RELATIONSHIP: A PILOT STUDY

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Introduction: The quality of a woman's relationship with her partner is associated with an increased risk of developing anxiety and depression in the postpartum.

Objective: To assess the prevalence of post-partum depression (PPD) and correlation between anxiety and depression in postpartum and the marital relationship in a sample of couples recruited at the Gynaecology Ward, "Maggiore della Carità" Hospital, Novara.

Aims: Evaluation of marital relationship functioning with regards to PDD onset.

Methods: This longitudinal study involved 44 couples recruited from February 2012 to March 2012. Single women, women suffering from severe chronic illnesses, drug addiction or alcoholism and with a previous diagnosis of psychiatric disorders were excluded. Mothers-to-be were assessed for depression and anxiety, during pregnancy and after delivery with the *Edinburgh Postnatal Depression Scale* (EPDS) and the *Beck Depression Inventory-II* (BDI-II). Both parents were assessed with the *Relationship Satisfaction Scale* (RSS); *Relationship Assessment Scale* (RAS); *Marital Adjustment Test* (MAT).

Results: The prevalence of PDD was 18% according to the EPDS and 10.5% according to the BDI-II. No gender differences emerged as far as the partner relationship is concerned. The Chi-square analysis revealed a statistically significant inverse correlation between the development of PDD assessed with EPDS after delivery and RSS score ($p=0.039$) and RAS ($p=0.05$). A statistically significant inverse correlation emerged between BDI-II and RAS ($p=0.005$), and BDD and MAT ($p=0.006$).

Conclusions: The prevalence of PDD was consistent with the literature. Satisfaction with the marital relationship and the functioning of parental relationship correlates with PDD onset. Clinical implications are discussed.