

CORRELATES OF POSTPARTUM DEPRESSIVE SYMPTOMATOLOGY

C. Roque^{1,2}, A.T. Pereira¹, M. Marques¹, M.J. Soares¹, B. Maia³, S. Bos¹, M.H. Azevedo⁴, J. Valente¹, V. Nogueira^{1,2}, N. Madeira^{1,2}, A. Macedo^{1,2}

¹Serviço de Psicologia Médica, Faculdade de Medicina da Universidade de Coimbra, ²Serviço de Psiquiatria, Centro Hospitalar e Universitário de Coimbra, Coimbra, ³Higher Institute of Social Service of Porto, Porto, ⁴Faculdade de Medicina da Universidade de Coimbra, Coimbra, Portugal

Introduction: Postpartum depressive symptomatology is highly prevalent and has negative impact in the entire family.

Objective: To identify correlates of postpartum depressive symptomatology.

Methods: 201 3-months postpartum women completed the Portuguese versions of Postpartum Depression Screening Scale/PDSS, Profile of Mood States, Difficult Infant Temperament Questionnaire/DITQ, Multidimensional Perfectionism Scale and questions on sociodemographic variables (marital status, work status, educational level, parity), Lifetime history of insomnia/LTHD, Lifetime history of depressive symptomatology /LTHDS, Current insomnia, Sleep needs, Health perception/HP, Stress perception/SP, Perceived social support/PSS, Quality of life/QOL, Health problem/complication postpartum, Sensibility to hormonal fluctuations, Type of delivery and Type of feeding.

Results: Total PDSS significantly correlated with LTHDS ($r_s=.35$), LHI ($r_s=.22$), Current insomnia ($r_s=.37$), SP ($r_s=.39$), PSS ($r_s=.25$), Perceived QOL ($r_s=.31$), Health perception ($r_s=.28$), Health problem or complication in the postpartum ($r_s=.16$), Negative Affect/NA ($r=.59$), Positive Affect/PA ($r=-.67$), Conditional Acceptance/CA($r=.29$) and DIT ($r=.40$) (all $p < .01$). Mean comparisons revealed that women with vs. without LHDS, with vs. without LTHI, good sleepers vs. with insomnia syndrome, high vs. low SP, bad/very bad vs. good/very good QOL, bad/very bad vs. good very good HP, high ($< M+1DP$) vs. low ($>M-1DP$) DIT, CA, NA and low vs. high PA had significantly higher mean scores in AI (all $p < .01$). Linear regression model composed of all correlated variables explained 53.9% of depressive symptomatology variance and showed that NA, PA, DIT and HP are significant ($p < .05$) predictors of AI.

Conclusion: These results are in line with previous findings and contribute to the progress on this topic.