Relationship Between Social Support and Postnatal Depression for First-Time Mothers at 6 Weeks Postpartum

Patricia Leahy-Warren
Professor Geraldine McCarthy
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Objectives

• Introduction and background to study
• Methodology
• Data Analysis
  – Describe sample characteristics
  – Identify mothers functional social support at birth and at 6 weeks
  – Identify mothers structural social support at birth and at 6 weeks
  – Prevalence of Postnatal Depression at 6 Weeks
  – Present research hypotheses at 6 weeks
• Conclusion and recommendations for clinical practice
Postnatal Period

- Time of transition
- Major developmental change
- ‘poor relation’ of perinatal research
- Becoming a mother for first-time
- Anxiety
- Learning infant care skills
- Societal pressure ‘perfect mother’
Literature in context of Transition to Motherhood

- **Social Support**
  - Structural
    - Persons
    - Social embeddedness
  - Functional
    - Informational
    - Instrumental
    - Emotional
    - Appraisal

- **Postnatal Depression**
  - A psychosocial phenomenon occurring within a 12 month period of childbirth
METHODS

• Design: Quantitative correlational prospective-repeated measures study
• Convenience sample of 568 first-time mothers: 90% response (n=512) at birth; 6 weeks - 76% response (n=387)
• Data collection: 5-Part questionnaire package
• Access via postnatal wards
Sample Characteristics

Age of respondents (n=510)
Type of delivery

Type of delivery (n=508)

- Vaginal: 29%
- C/S: 31%
- Instrumental: 39%
Method of Infant Feeding at birth (n = 506)

- Breast: 43%
- Bottle: 45%
- Both: 12%
Day of Discharge

Day of discharge (n= 461)
Living Arrangements

Living arrangements (n=512)

- Husband: 60%
- Partner: 10%
- Parents: 10%
- Alone: 5%
Distribution Social Support Scores

Mean = 73.4987
Std. Dev. = 9.23341
N = 383
Informational support- from birth to 6 weeks

% changes

Partner Mother Neighbour Professional
Structural social support
Informational support- from birth to 6 weeks

Birth
6 weeks

Structural social support

% changes

Partner Mother Neighbour Professional

Birth
6 weeks
Instrumental support - from birth to 6 weeks

Structural social support

% changes

Partner
Mother
Neighbour
Professional

Birth
6 weeks

Structural social support
Emotional support - from birth to 6 weeks

Partner
Mother
Neighbour
Professional

Structural social support

Emotional support - from birth to 6 weeks

% changes

Birth
6 weeks

Partner
Mother
Neighbour
Professional

Structural social support

% changes
Appraisal support- from birth to 6 weeks

% changes

Structural social support

Partner  Mother  Neighbour  Professional

Birth 6 weeks

Chart showing changes in structural social support from birth to 6 weeks for different categories: Partner, Mother, Neighbour, Professional.
Hypotheses: Social Support (Functional & Structural) and Postnatal Depression
<table>
<thead>
<tr>
<th>Support Type</th>
<th>Correlation (r)</th>
<th>p-Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Functional Social Support</td>
<td>-0.43</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td>Informational Social Support</td>
<td>-0.21</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td>Instrumental Social Support</td>
<td>-0.33</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td>Emotional Social Support</td>
<td>-0.40</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td>Appraisal Social Support</td>
<td>-0.41</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td>Informal Structural Social Support</td>
<td>-0.20</td>
<td>&lt; 0.001</td>
</tr>
</tbody>
</table>
Conclusion

• Social support is multidimensional
• Providers of support are from both informal and formal sources
• Different persons provide different activities of support
• All four functional dimensions of social support were significantly related to PND
• Informal social structural support significantly related to PND
Recommendations

• First-time mothers’ partners and own mothers as primary sources of social support be actively involved in antenatal and postnatal classes.

• Nurses and midwives be cognisant of importance of social support provision, both functional and structural dimensions to first-time mothers in the 6 weeks post delivery