Relationship between Prenatal Depression with Social Support and Marital Satisfaction.

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ABSTRACT

Background & Aims: Prenatal depression is a risk factor for postpartum depression and is accompanied with many problems for mother and infant. The purpose of the study is to determine the relationship between social support and marital satisfaction with prenatal depression.

Materials & Methods: The sample were 70 pregnant women with average age of 27.97 year, education at diploma level (55.7%), most of them were householder (71.4%), without history of depression (88.6%) who in the last 3 months of gestation period referred to clinics for obstetric check ups. Questionnaires were Beck Depression Inventory, ENRICH Results: Marital Satisfaction questionnaire and Wax Social Support questionnaire. Correlation between depression and social support was -0.368 and between depression and marital satisfaction was -0.316. Results of multiple regression analysis showed that social support and marital satisfaction covered 15.3% of prenatal depression’s variances. Social support was the greater predictor for prenatal depression than marital satisfaction.

Conclusion: Results emphasized the necessity of programs for enhancement of social support resources for pregnant women, especially the women who experience the depression symptoms.

Keywords: prenatal depression, social support, marital satisfaction

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