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Symptoms of post-traumatic stress disorder in couples after birth: association with the couple's relationship and parent-baby bond

Susan Ayers , Daniel B. Wright & Nicola Wells

Pages 40-50 | Received 26 May 2006, Accepted 02 Aug 2006, Published online: 01 Feb 2007

 Cite this article  <https://doi.org/10.1080/02646830601117175>

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Abstract

Recent research suggests a proportion of women develop post-traumatic stress disorder (PTSD) after childbirth. To date, the effects of postnatal PTSD on the couple's relationship and the parent-baby bond have not been examined. In the present study, 64 couples completed questionnaires about the birth, symptoms of PTSD, the couple's relationship and parent-baby bond 9 weeks after childbirth.

Results showed 5% of men and women had severe symptoms of PTSD. Symptoms were strongly associated within couples and were related to similar birth factors for men and women. PTSD symptoms were associated with neither the parent-baby bond nor couple's relationship. The mother-baby bond was not associated with any variables measured in this study. However, the father-baby bond was associated with the couple's relationship. It is concluded that men and women have comparable levels of

PTSD symptoms 9 weeks after birth. Furthermore, these results suggest postnatal symptoms of PTSD have little association with the couple's relationship or the parent-baby bond in the short term. However, further research is needed to address methodological considerations.

Related Research Data

[Do Women Get Posttraumatic Stress Disorder as a Result of Childbirth? A Prospective Study of Incidence](#)

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[Measuring Dyadic Adjustment: New Scales for Assessing the Quality of Marriage and Similar Dyads](#)

Source: Journal of Marriage and Family

[The expected child versus the actual child: implications for the mother-baby bond](#)

Source: Journal of Reproductive and Infant Psychology

[Midwives, childbirth and sexuality:](#)

Source: British Journal of Midwifery

[Prevalence and predictors of post-traumatic stress symptoms following childbirth](#)

Source: British Journal of Clinical Psychology

[The effect of post-natal symptoms of post-traumatic stress and depression on the couple's relationship and parent-baby bond](#)

Source: Journal of Reproductive and Infant Psychology

[Posttraumatic stress disorder after childbirth: A cross sectional study](#)

Source: Journal of Anxiety Disorders

[Anxiety symptoms and disorders at eight weeks postpartum](#)

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[Predicting PTSD in trauma survivors: prospective evaluation of self-report and clinician-administered instruments](#)

Source: The British Journal of Psychiatry

[Post-traumatic stress following childbirth: A review of the emerging literature and directions for research and practice](#)

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[Where's poppa? The relative lack of attention to the role of fathers in child and adolescent psychopathology.](#)

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Traumatic Stress after Childbirth: The Role of Obstetric Variables

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