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

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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.

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

Source: Birth

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

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

Source: Journal of Reproductive and Infant Psychology

[Midwives, childbirth and sexuality:](#)

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

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