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

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## Abstract

Objective: To examine the effect of post-traumatic stress and depression on the couple's relationship and parent-baby bond. Design: A cross-sectional study. Methods: Data were collected from a questionnaire completed by 100 couples. Results: The results showed that the couple's relationship and parent-baby bond. Structural equation modeling found the

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model that best fitted the data was one where PTSD symptoms had a direct effect on the parent-baby bond, but the effect of PTSD on the couples' relationship was mediated by depression.

Conclusions: The results indicate the importance of examining the psychological reactions of men and women after birth; and suggest that symptoms of PTSD have an effect on the parent-baby bond. However, methodological considerations mean further research is needed to replicate and extend this study before firm conclusions can be drawn.

Keywords: childbirth post-natal depression PTSD parent-baby bond couple's relationship

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