



Parent Daily Emotion Study: A Look on Parental Depression and its Outcomes



Alexa Esquenazi, Dr. Joanna Wu FSU College of Health and Human Sciences, *Florida State University*. Tallahassee, FL 32306.

Introduction

Our area of study surrounds parents with babies and their daily emotions. We will use surveys to specifically question how the parents feel on a day-to-day basis while taking care of their baby. This topic is important in this realm of research because it can lead to more intervention strategies for parents who deal with depression.

Background

- Parental depressive symptom trajectories are associated with children's emotional problems (Pietikainen, et al., 2019)
- Parental depression has a significant impact on a child's outcomes. Only neglectful parenting mediated the relationship for school-aged children (Mustillo, Dorsey, Conover, Burns, 2011)
- The early onset of depression in high-risk children is significantly associated with an early age of onset in their parents, which suggests that age of onset for depression has a familial characteristic." (Orvaschel, Walsh-Allis, & Ye, 1988)

Purpose

The purpose of this study is to provide insight on how parents who struggle with depression cope and mediate their emotions in relation to their babies. This study can provide researchers and psychologists with new intervention strategies that may help these parents.

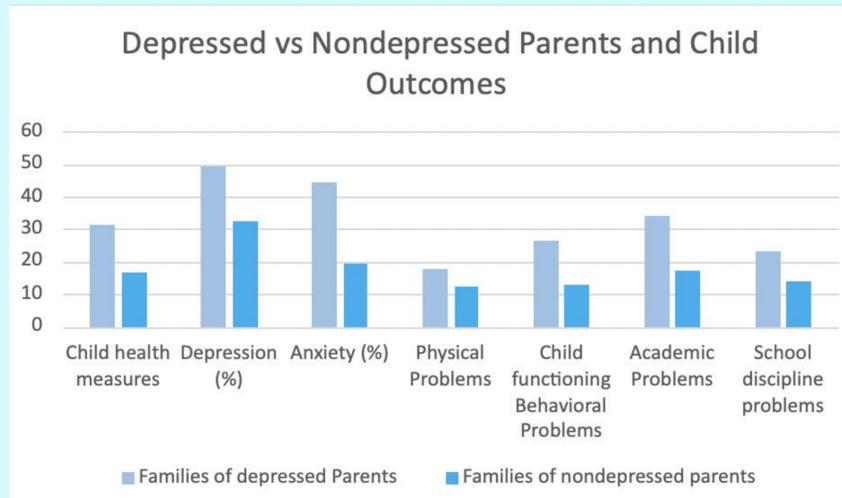
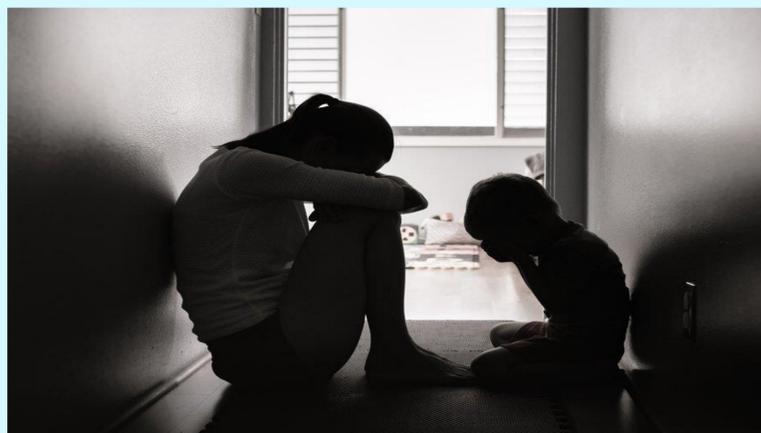


Figure 1. Shows the outcomes of children with a comparison of depressed vs. Nondepressed parents. Families of depressed parents has higher percentage of reports as opposed to families of nondepressed parents. This information was composed as a result from a literature review from the article "Comparisons of children of depressed and nondepressed parents: A social-environmental perspective," by the authors Billings and Moos (1983).

Results

Our survey results are not yet available. As a team, we are working on getting more participants in order to have well rounded data with good distribution. Once we get our remaining participants, we will be able to present our data and analysis. We do, however, expect to see that parental depression has a significant impact on child incomes, as well as parents who suffer from depression show higher levels of physical and neglectful abuse.

Methods

Participants:

- Will take data from 100 parents
- Parents are being recruited through Facebook groups and flyers posted in local shops
- Participants will be over the age of 18
- Participants will be parents of a baby from the ages 4-8 months
- Parents who report suicidal thoughts will not be considered

Assessments:

- Maternal depression- Beck Depression Inventory-II
- Mother-Infant bonding- Mother-to-Infant Bonding Scale
- Infant negative affect- Infant Behavior Questionnaire

Procedure:

- Participants will go through a zoom screening session to get their babies' DOB, mood, and suicidality
- 36 days of surveys lasting 5-8 minutes to self-assess their mood
- Last day of survey will be an overall assessment of how they felt after the month-long period

Future Direction

When we reach the desired number of participants, we will be able to better assess all the data. With our complete data, we will use our three assessment strategies to draw our conclusions on the relationship between parental depression and parenting infants.

References

- J. T. Pietikainen, O. Kiviruusu, A. Kylliäinen et al. *Journal of Child Psychology and Psychiatry*, 2019, 61, 195-204
- S. A. Mustillo, S. Dorsey, K. Conover, B. J. Burns *Journal of Marriage and Family*, 2011, 73, 164-180
- Orvaschel, H., Walsh-Allis, G. & Ye, W. Psychopathology in children of parents with recurrent depression. *J Abnorm Child Psychol* 16, 17-28 (1988).
- Billings, A.G., Moos, R.H. Comparisons of children of depressed and nondepressed parents: A social-environmental perspective. *J Abnorm Child Psychol* 11, 463-485 (1983).