

DEPRESSED AND *DESTRESSED?*

New parents' sexual concerns and depressive symptoms over time

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Longitudinal Associations between Depressive Symptoms and Postpartum Sexual Concerns Among First-time Parent Couples

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Scroll to the next slide, for more about what we found!



Being a new parent is both a joy and a challenge! And after having their first baby, many new parents **navigate new sexual concerns**, such as differences in desire and physical recovery after giving birth. **BUT...**

...not much is known about the **timing** of these concerns or whether **depressive symptoms can explain the course** of new parents' concerns over time.



WE WANTED TO KNOW:



1

How do postpartum sexual concerns and depressive symptoms **change over time?**

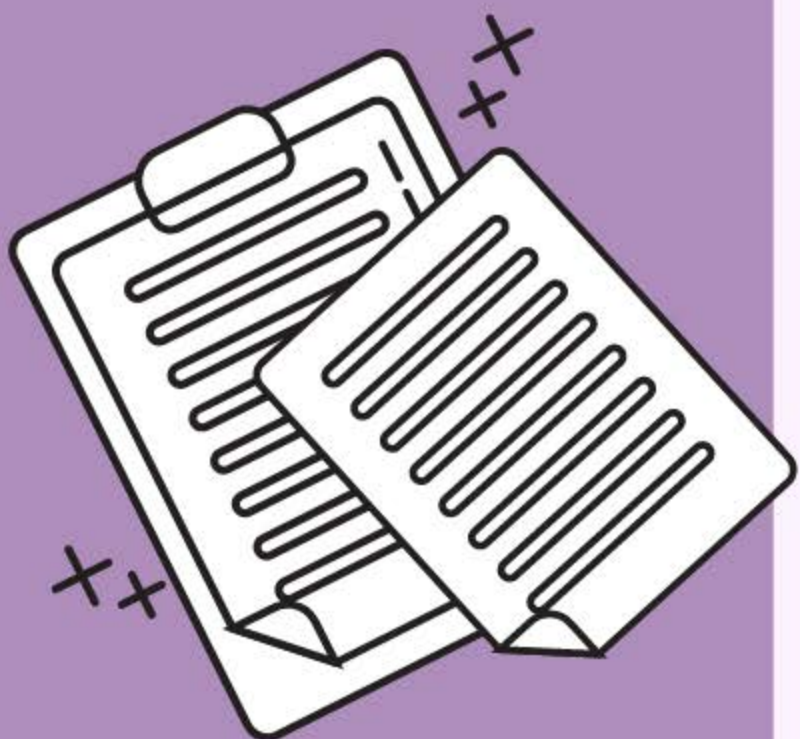
2

To what extent do **depressive symptoms predict initial levels** of postpartum sexual concerns **and change** in sexual concerns over time?

To answer these questions, we recruited 99 new mothers and their partners.



We asked them to **fill out surveys** at 3, 6, and 12 months postpartum. These surveys included **questions** about the **severity of sexual concerns** and **levels of depressive symptoms.**



We found that...

...**higher levels** of sexual concern at 3 months postpartum **for either member of the couple** was **related to higher concern for their partner**, too.

In general though, **concern declined** between 3 and 12 months postpartum for mothers and their partners.

We also found that...

...levels of sexual concern for partners **tended to be higher** at 3 months postpartum **when either member of the couple** had higher **initial** levels of depressive symptoms.

However, **neither person's depressive symptoms** were related to mothers' levels of sexual concern between 3 and 12 months.



Higher initial levels of depressive symptoms for either mothers or their partners were **related to higher levels** of depressive symptoms **for the other person.**



Mothers' depressive symptoms tended to **remain stable over time**, and their **partner's** depressive symptoms tended to **increase over time.**

So, what does all of this mean?



New parents can expect their levels of sexual concern to **decline over the first year** after their baby is born.

New parents and clinicians can also **watch for depressive symptoms** and address them as they arise to maintain better sexual well-being postpartum.



This is a summary of our published article:

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