EARLY BREASTFEEDING EXPERIENCE AND POSTPARTUM DEPRESSION: A LONGITUDINAL STUDY

Stephanie Watkins MSPH, MSPT 1; Samantha Melzer-Brody MD, MPH 2; Denniz Zolnoun MD, MPH 2; Alison Stuebe MD, MSc 2
Gillings School of Global Public Health 1 and School of Medicine 2, University of North Carolina

METHODS

Objectives: We measured the association between early breastfeeding experience and maternal mood at two months postpartum.

Methods: We used logistic regression to evaluate the association between early breastfeeding experience and maternal mood, quantified with the Edinburgh Postnatal Depression Scale (EPDS), among women who initiated breastfeeding in the Infant Feeding Practices Study II. We report their early breastfeeding experiences at 1 month, and then completed the EPDS at 2 months.

RESULTS

Study Population

- Study Population: 4,600 healthy pregnant women enrolled in the Infant Feeding and Practices Study (IFPSII) cohort
  - Women were identified from a national consumer opinion panel of 500,000 US households and followed prospectively between May 2005 and June 2007 from seven months gestation through the child’s first year of life
  - Cohort healthy mothers 218 years old during the prenatal questionnaire, healthy full term or near full term singleton, birthweight 2.5 lbs, no illness likely to affect feeding, ever breastfed
  - Study population is not nationally representative of the US population

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- Questionnaire: Prenatal in 3rd trimester.
  - Neonatal at 3 weeks of age, Postnatal monthly between 2-7 weeks post partum and every 6th week between 7-12 months post partum

EDinburgh Postnatal Depression Scale (EPDS) administered at two months postpartum. A cut off score ≥13 defined major depression.

- Covariates:
  - Linearity assumption met for ordinal variables

RESULTS

- Study Population
  - Depression at two months in a cohort of women who initiated breastfeeding.
  - Between early breastfeeding experiences in the neonatal period and post partum morbidity for mother and child.
  - Curtailed breastfeeding is also common: all major medical organizations recommend exclusive breastfeeding for the first six months of life.
  - Approximately 10% of mothers develop perinatal depression, leading to substantial morbidity for mother and child.

CONCLUSIONS

- Severe pain on day 1 and at week 2 was associated with an increased risk of postpartum depression.

CONCLUSION

- Severe pain and dislike of breastfeeding in the early postnatal period were associated with postpartum depression, independent of sociodemographic risk factors.
- Breastfeeding support in the hospital was not associated with postpartum depression symptoms.
- Women experiencing early breastfeeding difficulties should be screened for postpartum depression.

RESULTS

- Disliking breastfeeding at week 1 postpartum was associated with an increased risk of depression.