

Subjective health and life quality in the maternal transition to parenthood – a psychological longitudinal-study.

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This longitudinal study investigates the maternal transition to parenthood. The survey based on the theory of Gloer-Tippelt (1988), the results of postnatal depression and baby blues after child-birth, the stress-theory and the aspects of health-related-life-quality. With a questionnaire, which contents 36 Items (FemBeschwerden-Liste), the N=47 primi- and multiparae were asked to report their physical and psychological health problems in the postnatal periods: T1 (from birth to four months postpartal), T2 (from five to eight months postpartal), T3 (from 32 to 36 months postpartal). The women further were asked to describe their emotional and physical wellbeing, their attractiveness and their satisfaction with weight in this periods. The results show, that there is a link between maternal emotional wellbeing and health and that the self-reported maternal health is best five to eight months postpartal (T2).

In addition to this quantitative results N=27 Primiparae were asked in an interview to describe some aspects of subjective health and life quality. Based on this qualitative results a „modell of subjective health, attractiveness and life quality in the maternal transition to parenthood“ was developed.