



Model of Human Occupation

Archived List Serv Discussion

Occupational Role Changes in Pregnancy

March 21, 2008

I'm looking for resources on the occupational roles changes of women related to pregnancy and the transition to motherhood. Of specific interest is the issue of prenatal maternal depression and the effects upon maternal-fetal attachment and the mother's perceptions of self-efficacy.

Kathy DeNault, OTR/L

March 27, 2008

Kathy,

I suggest you get in touch with Michel Avrech in Israel who is studying mothers. I have copied Michel on this e-mail.

Gary Kielhofner

March 27, 2008

Hi Kathy

As an OT in mental health and a mother of two pre school children, I have found myself to be interested in occupational transition around pregnancy, child birth and beyond. These are really just some thoughts of my own but perhaps some food for thought. I see you are interested in prenatal maternal depression. I actually have a client who is a midwife and has herself suffered poor mental health before and after child birth. Professionally she is ever interested in the occupational needs of women in the prenatal stage. I wonder about what supports good health and well being from an occupational perspective and the occupational factors which contribute to adaptation and positive outcomes. There must be a wealth of experience and knowledge in the OT world alone. This may not be your focus for now but perhaps an area of future consideration for someone?

Anyway best of luck.

Valerie Johnstone

March 27, 2008

Kathy

the effect post natal depression has on maternal-fetal attachment is well researched and is a crucial baseline from which child and adolescent behaviour / mental health is understood. May I suggest Bowlby as a start in regards to attachment theory.

regards

jackie Avery

March 27, 2008

You may want to try getting in touch with Dr. Lee Cohen at MGH Center for Women's Mental Health. He is the lead researcher of women's mental health issues both prenatal and after delivery. Their website has a list of research resources.

<http://www.womensmentalhealth.org>

Ironically, I have a pregnant woman in my partial hospitalization program who is depressed and I just referred her to him today.

It's a great research topic.

Susan Hellmann, OTR/L

March 27, 2008

Jonathon Smith has written on this subject:

Identity development during the transition to motherhood: an interpretative phenomenological analysis.

Smith J. (1999) Identity development during the transition to motherhood: an interpretative phenomenological analysis. *Journal of Reproductive & Infant Psychology* Aug; 17(3): 281.

This is more from a role perspective but you might find it useful as a starting point.

Jane Cronin-Davis

March 28, 2008

Hello Kathy

My name is Michal Avrech Bar, an OT from Israel. Nowadays I'm working

on my PhD thesis on the subject of "The effect of occupational performance and occupational overload on health among mothers". I have used the OPHI-II to interview mothers for preschool children. One of the things I have learned so far is that occupational performance is related to mental health but not to physical health among mothers. I'm still working on my results and have not published it yet but I can recommend some good references:

Horne, J., Corr, S., & Earle, S. (2005). Becoming a mother: Occupational change in first time motherhood. *Journal of Occupational Science*, 12, 176-183.

Drake, E. E., Humenick, S. S., Amankwaa, L., Younger, J., & Roux, G. (2007). Predictors to maternal responsiveness. *Journal of Nursing Scholarship*, 39, 119-125.

Please contact me again in any question
Good luck
Michal

March 28, 2008

Betsy Francis-Connolly at Eastern Michigan University has done a lot of research regarding roles and role change in mothers.

Jim

April 1, 2008

Hi,

My name is Amanda McKenzie and I work as an O.T. in adult mental Health in Huddersfield, Yorkshire but also work as a Breastfeeding Counselor. I have just come across this article; <http://www.lli.org/ba/May05.htm/> - The Protective Effects of Breastfeeding for infants of Depressed Mothers - Nancy Aaron Jones, Ph.D. The impact of breastfeeding on the mother's role change and her relationship not just with her baby but also with her chosen, valued goal is constantly fascinating to me and so often linked to aspects of self-image and identity.

Thank you for all the references.

Amanda .