

## PW01-21 - POOR SLEEP IS RELATED TO PARENTING STRESS AND IMPAIRED POSTPARTUM BONDING IN DEPRESSED MOTHERS

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**Objectives:** Poor sleep is a common complaint in postpartum depression (PPD). Depression as well as sleep disturbances may affect parenting functions and mother-infant relationship. The purpose of this study was to examine the relationship between objective sleep data, parenting stress and bonding in PPD.

**Methods:** Forty-five mothers (age:  $34.5 \pm 5.4$  years SD) suffering from PPD were examined  $212 \pm 156$  days (SD) after parturition. Depression was measured by Hamilton Depression Rating Scale (HDRS-ADS) and Beck Depression Inventory (BDI). Parenting stress and bonding were assessed by self report scales, i.e. Parenting Stress Index (PSI) and Postpartum Bonding Questionnaire (PBQ). In a subsample of 10 participants sleep parameters were assessed by actigraphy and sleep logs during seven consecutive days. Actigraphic sleep parameters were put in relation to severity of depression, PSI and PBQ scores.

**Results:** Poor sleep, i.e. low total sleep time (TST) was negatively correlated to depression (HDRS-ADS) ( $r = -.63$ ;  $p < .05$ ). Low TST was associated with poor bonding ( $r = -.82$ ;  $p = .02$ ), especially attitudes of "rejection and anger". Severity of depression (BDI) was correlated with parenting stress ( $r = .50$ ;  $p = .005$ ). Mothers with high parenting stress tended to have more difficulties in bonding ( $r = .65$ ;  $p = .016$ ). Neither sleep parameters nor parenting stress and bonding were correlated with the infant's age.

**Conclusions:** In PPD poor sleep should be recognized and treated early, because it is associated to parenting stress and disturbed bonding, which might have a detrimental impact on mother-infant relationship.