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FACTORS MARITAL RELATIONSHIP, SOCIAL SUPPORT, SELF-ESTEEM,
TRANSITION TO MOTHERHOOD, AND POSTPARTUM ANXIETY AND DEPRESSION
IN FIRST-TIME MOTHERS. THESIS ADVISOR : JARIYAWAT KOMPAYAK ,Dr.P.H.,
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The purpose of this study was to study the relationships among personal factors, marital relationship, social support, self-esteem, transition to motherhood and postpartum anxiety and depression in first time mothers. Two hundred first time mothers and one hundred and eleven of their husbands who attended the postpartum clinic at Ramathibodi Hospital were assessed. All data were collected by six questionnaires and were analysed using the SPSS PC⁺ program.

Results revealed that the incidence of postpartum anxiety was 5 % and depression was 6 %. Marital relationship, social support, self-esteem and transition to motherhood were significantly positively correlated with each other and were significantly negatively correlated with postpartum anxiety and depression. Self-esteem and social support explained 11.27 % of the variance of transition to motherhood scores. Marital relationship, transition to motherhood, previous history of psychiatric problems and self-esteem explained 26.31 % of the variance of postpartum anxiety scores. Marital relationship, self-esteem and social support explained 30.62 % of the variance of postpartum depression scores.