

Vinculação materna: dimensões hormonais envolvidas no processo inicial de vinculação da mãe ao bebé

Results:

Most mothers had a moderate to high bonding toward the infant from pregnancy to 3 months after childbirth, nonetheless maternal bonding was generally better immediately after childbirth - higher positive bonding and total bonding means and lower negative bonding scores - than during pregnancy or at 3 months postpartum. During pregnancy, mood but not hormones influenced maternal bonding. Mothers with depressive mood had lower positive bonding results, higher negative bonding results as well as higher not clear bonding results. Mothers with higher anxiety levels had less positive bonding results, more negative bonding results and showed a worse total bonding.

In the first days after childbirth, both mood and hormones influenced maternal bonding. Mothers with higher cortisol levels had a better bonding toward the infant, mothers with depressive mood had lower positive bonding results and mothers with higher anxiety levels had more negative bonding results.

At 3 months after childbirth, again mood but not hormones influenced maternal bonding. Depressed mothers showed more negative emotions and not clear emotions and had a worse bonding toward the infant, as well as mothers with higher anxiety showed more negative bonding results and more not clear bonding results and a worse bonding with the infant. No differences are found regarding cortisol levels.

We conclude that psycho-physiological more than obstetrical factors seem to interfere in maternal bonding both during pregnancy and after childbirth. This fact leads us to think about the importance of attending to maternal mood in clinical context starting during pregnancy through the first months after childbirth in order to guarantee the mothers' and infants' quality of life.

Published Works:

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