

20TH WORLD NURSING EDUCATION CONFERENCE

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The importance of Child Health care for mental health and psychological wellbeing among parents during their children's infant period

The Keynote presentation will report about Swedish tradition of preventive Child Health Service (CHS) and the work to identify parents with depressive symptoms. The Edinburgh Postnatal Depression Scale (EPDS), a 10-item self-report scale designed for use in primary health care, has been widely applied in Swedish CHS and has been found to measure symptoms of both depression and anxiety. Although nearly all child health nurses use EPDS as a way of identifying mothers' postpartum depression (while it is not yet common as a routine for fathers), nearly 34% of the mothers and 25% of the fathers who had received early treatment after the child's birth were reported 25 months after delivery as either being still distressed or having a new episode of distress. In the presentation primary results of a qualitative study of twelve mothers and four fathers experience of depression and parental stress will be presented.

Biography

Maude Johansson is an authorized Psychologist and Psychotherapist. She has mostly worked in the area of Child Psychiatry. The research topic concerns the identification and treatment of mothers and fathers with depressive symptoms and parental stress in early parenthood.

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