Sleep and Depression in Perinatal Chinese Women

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Method
- N=200
- Longitudinal design
- Three time points:
  - Time 1: 28 weeks of pregnancy
  - Time 2: 1 month after the childbirth
  - Time 3: 10 months after the childbirth

Measures of Social Support
- The Postpartum Social Support Questionnaire (PSSQ)
  - PSSQ is an 81 item self-report instrument that measures the degree of social support in the postpartum period (Hopkins et al., 1987; Heh et al., 2001). Items inquire about emotional and instrumental support received from spouse and others (e.g., parents and parents-in-law) and each question is rated on a 7-point scale, scores from 1 to 7.

Measures of Mental Health
- The Edinburgh Postnatal Depression Scale (EPDS)
  - EPDS (Cox et al., 1987) is a ten-item self-report instrument to assess symptoms of postpartum depression mothers. Items inquire about mood during the last 7 days and each question is rated on a 4-point scale, with higher scorers indicating a more severe PPD of the respondent.

Perceived Stress Scale (PSS)
- PSS (Cohen & Williamson, 1998) is a 10-item self-rating instrument that are purported to form a unidimensional scale of perceived stress.

Sleep & PPD
- The measure used for PPD was the Center for Epidemiological Studies Depression Scale (CESD), which was not validated for measuring PPD.
- Cultural differences in perinatal care limit the generalizability of prior findings to Chinese women. In particular, postpartum care (“doing the month”) emphasized in Chinese culture may have significant impact on the relationship between sleep and depression.

Aims & Hypothesis
- The study is to contribute to the current literatures by clarifying the longitudinal relationship between sleep problems and PPD among perinatal Chinese women who experience the traditional postpartum practice of doing the month.

Therefore, we will examine the following hypotheses:
- Women who have poor maternal sleep during the third trimester of pregnancy would be more likely to have PPD.
- Support from the social network during the “doing the month” period would moderate the association between sleep and PPD.

References
- Jomeen & Martin, 2007
- Román-Gálvez, et al., 2018
- Hopkins et al., 1987
- Yu et al., 2017
- Heh et al., 2001
- Cohen & Williamson, 1988
- Buysse, et al., 1989
- Khazaie, et al., 2013
- Pietikäinen, et al., 2019
- Steinberg et al., 2008
- Gálvez et al., 2018
- Obeysekare, et al., 2020
- Hopkins et al., 1987
- Khazaie, et al., 2007
- Cline, et al., 1987
- Cox et al., 1987
- Cohen & Williamson, 1988
- Buysse, et al., 1989
- Obeysekare, et al., 2020

Expected Results and Implications
- We expect that sleep disturbances during pregnancy will predict postpartum depressive symptoms.
- The findings of this study may provide evidence for the potentially causal role of sleep in the development of PPD and inform future efforts in improving the prevention and treatment of PPD.

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