

HOW TRAUMA & MENTAL HEALTH IMPACT MATERNAL FUNCTIONING

GOAL OF THE CURRENT STUDY

To understand how trauma and mental health symptoms are related to maternal functioning

MATERNAL FUNCTIONING



infant
& family care



self-care
& mental well being



social activities
& support



taking care of other
responsibilities

MEASURING MATERNAL FUNCTIONING

Barkin Index of Maternal Functioning (BIMF), a self-report questionnaire designed to understand how mothers are adjusting to motherhood.



Maternal Competency

Maternal Self-care/needs



EMORY
UNIVERSITY
SCHOOL OF
MEDICINE

Grady Trauma Project

WHAT WE LEARNED



Greater negative postpartum mental health symptoms were related to lower maternal functioning

Greater negative mental health symptoms and trauma exposure were related to lower maternal self-care but not mothers' ability to care for their infant (maternal competency).

WHAT DOES IT MEAN

Mental health problems impacted how mother's met their own needs more than their ability to take care of their infant

Women may have different beliefs about the importance of self-care as a new mother

Personalized treatments that support mothers' self-care may also improve their mental health after giving birth.

For more information about this study, check out our website or scan the QR code!

www.gradytraumaproject.com/pregnancy

