



Article

Prospective Associations between Maternal Depressive Symptoms during Early Infancy and Growth Deficiency from Childhood to Adolescence

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Abstract: Maternal health represents an important predictor of child development; yet it often goes unnoticed during pediatric visits. Previous work suggests that mental state affects parenting. The relationship between infant exposure to maternal depressive symptoms suggests conflicting findings on physical growth. Body mass index (BMI) has not been rigorously examined across development. Using a prospective-longitudinal birth cohort of 2120 infants (50.7% boys), we estimated the prospective relationship between symptoms of maternal depressive symptoms at 5 months postpartum and later BMI in typically developing children. We hypothesized that maternal depressive symptom severity would predict later BMI through to adolescence. Mothers self-reported depressive symptoms at 5 months. Child BMI was measured by a trained research assistant at ages 6, 8, 10, 13, and 15 years. We estimated a series of sex-stratified regressions in which BMI was linearly regressed on maternal symptoms, while controlling for potential pre-existing/concurrent individual and family confounding factors. Boys born to mothers with more severe depressive symptoms at age 5 months had a significantly lower BMI than other boys at subsequent ages. There were no such associations observed for girls. Maternal depressive symptoms were prospectively associated with later BMI for sons and not daughters, predicting risk of faltering in growth through to adolescence. Health practitioners should routinely assess maternal psychological functioning during pediatric visits to optimize parent and child flourishing.

Keywords: maternal depressive symptoms; child development; depression; child BMI



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1. Prospective Associations between Maternal Depressive Symptoms during Early Infancy and Growth Deficiency from Childhood to Adolescence

Healthcare after childbirth is meant to ensure optimal growth and development for both mother and child [1]. Nevertheless, the focus is often centered on child well-being and maternal care falls through the cracks [2]. Yet, in most families, mothers remain charged with caregiving of new infants [3]. Consequently, the value of prioritizing maternal care to optimize subsequent child outcomes has been acknowledged by the World Health Organization [4].

The first year of infancy represents a transformative and challenging time for mothers [1,5]. There are neuroendocrine alterations, psychosocial adjustments, and the constant impact of infant-feeding and care [2]. It represents a critical period of vulnerability to changes in sleep patterns and feelings of sadness, anxiety, and social isolation [3]. The Center for Disease Control estimates that one in nine women meet diagnostic criteria for a psychiatric disorder in the first year postpartum [5]. Postpartum/postnatal (i.e., birth

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Table of Contents Prospective Issues In Infancy Research

1. Understanding the eBook Prospective Issues In Infancy Research
 - The Rise of Digital Reading Prospective Issues In Infancy Research
 - Advantages of eBooks Over Traditional Books
2. Identifying Prospective Issues In Infancy Research
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Prospective Issues In Infancy Research
 - User-Friendly Interface
4. Exploring eBook Recommendations from Prospective Issues In Infancy Research
 - Personalized Recommendations
 - Prospective Issues In Infancy Research User Reviews and Ratings
 - Prospective Issues In Infancy Research and Bestseller Lists
5. Accessing Prospective Issues In Infancy Research Free and Paid eBooks
 - Prospective Issues In Infancy Research Public Domain eBooks
 - Prospective Issues In Infancy Research eBook Subscription Services
 - Prospective Issues In Infancy Research Budget-Friendly Options
6. Navigating Prospective Issues In Infancy Research eBook Formats
 - ePub, PDF, MOBI, and More
 - Prospective Issues In Infancy Research Compatibility with Devices
 - Prospective Issues In Infancy Research Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Prospective Issues In Infancy Research
 - Highlighting and Note-Taking Prospective Issues In Infancy Research
 - Interactive Elements Prospective Issues In Infancy Research
8. Staying Engaged with Prospective Issues In Infancy Research

- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Prospective Issues In Infancy Research
9. Balancing eBooks and Physical Books Prospective Issues In Infancy Research
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Prospective Issues In Infancy Research
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Prospective Issues In Infancy Research
- Setting Reading Goals Prospective Issues In Infancy Research
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Prospective Issues In Infancy Research
- Fact-Checking eBook Content of Prospective Issues In Infancy Research
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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