

THE TRANSITION TO PARENTHOOD ACCORDING TO DIFFERENT RISK FACTORS: PREVALENCE OF POSTNATAL DEPRESSIVE SYMPTOMS IN MOTHERS AND FATHERS

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The perinatal period is recognized as a sensitive time for a mother's psychological state. While depressive symptoms have been widely studied in mothers, only recently literature is increasing on man's psychological adjustment during the perinatal period, but still there is a lack of studies considering both woman and man's perinatal mood. The aim of the study was to compare different contexts of transition to parenthood, characterized by the presence of specific risk factors (adolescent pregnancy, twin pregnancy, preterm birth) with conditions with low psychosocial risk, assessing the prevalence of maternal and paternal depressive symptoms and the relationship between woman and man's symptomatology. Parental couples were recruited in different contexts, according to the aims of the study. For each field to investigate, 30 couples (30 mothers and fathers) were recruited (during the woman's pregnancy or after childbirth), for a total of 180 couples. Consent form, socio-demographic form and Parental Cumulative Psychosocial Risk Questionnaire (PCPSRQ; PRIN, 2013) were completed by participants. The Edinburgh Postnatal Depression Scale (EPDS) was completed by women and men at 3 months postpartum in the Italian version, using validated cut-off values. Based on the literature, we expect to find a higher prevalence of depressive symptoms, in both mothers and fathers, where more relevant risk factors related to parenthood are

present. We also expect to find a significant relationship between maternal and paternal mood.

This study underlines the relevance of promoting prevention and intervention for both mothers and fathers, during a sensitive period as the perinatal one, considering the possible presence of specific risk factors.

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SYMPOSIUM

PERSONALITY BETWEEN THERAPEUTIC RELATIONSHIP AND REFLECTIVE FUNCTIONING

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Research in psychotherapy is paying an increased interest to the various and complex variables involved in diagnostic assessment and treatment planning. Several contributions show how therapists of all theoretical orientations should make use of information derived both from the patient's personality and the therapeutic relationship's dynamics and characteristics (Norcross, 2011; Norcross, Lambert, 2014). More recently, research has also highlighted the importance of studying the therapist's characteristics (e.g., personality and attachment styles).

In the present panel, these relevant issues are addressed from different point of views:

- 1) The first contribution of Nazzaro, Boldrini, Damiani, Maggiora Vergano and Nassisi focuses attention on the patient's reflective functioning, showing that different levels of this ability are associated with distinct attachment styles and personality disorders.