

# The Depression of Mothers and the Impact on Children

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**Abstract:**

*Background:* Maternal depression in all its forms (before and during pregnancy, post-partum, late life etc.) plays an important role in the life of the women affected, but also in the life of their children, representing an important risk factor for their mental health development.

*Aims:* To highlight the role of the nurse in the early identification of the mother depression impact to children; to define the mother depression impact to children.

*Method:* For a period of 4 weeks the nurses were trained to deal with mental health issues by mental health community staff. In study participated 24 women diagnosed with depression, 24 other women as a control group, which had children 3-5 years old, and who lives in the urban zone. Mothers and their children were observed by the nurse in their homes for about two hours twice a month. Children identified to have difficulties were sent for further evaluation to child and adolescent psychiatrists of community mental health center. Diagnoses were made based on SDM-IV-R criteria. The data were processed using SPSS statistics 21.0, using the Hi test. Significant values considered  $p \leq 0.05$ .

*Results and Discussion:* 54.2% children of mothers suffering from depression pose eating disorders, significant (value  $p < 0.05$ ); 14.2% of control group mothers pose eating disorders (value  $p < 0.05$ ); significant relational problems were found (value  $p < 0.05$ ) in 8 children (33.3%) of the depressed mothers and only in 1 child (7.1%) of control group mothers. Insufficient attention with hyperactivity found so significant (value  $p < 0.05$ ) 7 children (29.1%) of the depressed mothers and any children of control group mothers. No statistical significance was found for sleep problems, mood disorders, language and communication problems.

*Conclusion:* Depressed mothers have less interaction with their children than control mothers, show high level of anxiety compared to children of mothers who do not suffer from depression. However, there is a wide variation in the quality of interaction within the mother- child depressive mothers group.

**Keywords**

Depression, Mother, Child, Community Mental Health, Nurse