

## 研究業績 英文表記

和文	
表題	初産婦の産後 1 か月の育児肯定感に影響を及ぼす要因 — 妊娠期の自己管理及び産後うつとの関連 —
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英文	
Title	Factors influencing a positive attitude of primiparas toward child-rearing during the first postpartum month
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Abstract	This study investigated the factors that influence a positive attitude of primiparas toward child-rearing during the first postpartum month. Primiparas undergoing vaginal delivery at 13 obstetrics and gynecology clinics in Prefecture A participated in questionnaire surveys during postpartum hospitalization and at the one-month postpartum checkup. The 300 mothers who provided usable answers to both surveys were included in analysis. The mean age of the participants was 30.17 years. We compared the scores for a positive attitude toward child-rearing during the first postpartum month with stratification by background characteristics. Then multiple regression analysis was carried out using the score for a positive attitude toward child-rearing during the first postpartum month as the dependent variable, while 6 items for participant background factors, the gestational self-management scale, and the EPDS scores in the first postpartum month were used as the independent variables. It was found that the factors showing a positive correlation with a positive attitude toward child-rearing during the first postpartum month were gestational self-management (nutrition control) and gestational self-management (preparation for delivery / child-rearing), whereas the factors showing a negative correlation were age, individual guidance in the gestational period, and the EPDS scores in the first postpartum month. The results suggest that it is necessary to provide continuous support for pregnant women so that they can manage nutrition and prepare for delivery and child-rearing, since their age and their mental state influence a positive attitude toward child-rearing during the first postpartum month.
keyword	primipara, positive attitude toward child-rearing during the first postpartum month, gestational self-management, postpartum mental state

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