E2.4: Predictors of Men's Depression and Grief at one year after Miscarriage

Author List:
Presenting Author: Kristen M. Swanson
Additional Author: Danuta Wojnar

Presenting Author: Kristen M Swanson

Address: CB# 7460, Carrington Hall
Chapel Hill, North Carolina 27599
United States
Ph: 206-595-7368
Fax:
Email: kswanson@unc.edu
Institution: University of North Carolina, Chapel Hill

Additional Author: Danuta Wojnar

Address: 901 12th Ave., P.O. Box 222000
Seattle, Washington 98122-1090
United States
Ph: 206-296-2544
Fax:
Email: wojnard@seattleu.edu
Institution: Seattle University

Presentation Preference: Research Abstract

Abstract Categories:
Research Interest Groups (RIGs): Parent-Child
Thematic Areas: Family Health

Abstract:
Introduction: The purpose was to describe predictors of men’s depression and grief at one year after miscarriage. Little is known about how life context impacts men’s appraisal, coping, and emotions after miscarriage.

Method(s): The framework for this secondary analysis of data from the Couples’ Miscarriage Healing Project (CMHP) was the Lazarus Stress and Adaptation Model. Factor analysis and a five stage path analysis (MPLUS 5) were employed. Data were gathered via mailed surveys. Stage I variables (loss context), gathered at 1 month, included: stability (financial and personal), mental health, time to conceive, pregnancy length, father involvement in miscarriage, treatment (from CMHP), prior loss, relationship quality, and provider caring. Stage II (context at one year) included: emotional strength, satisfaction with support, mate communication, concurrent stressors; and pregnant again. Stage III (appraisal) focused on the personal significance of
miscarriage. Stage IV (reappraisal) included active and passive coping. Stage V (emotional responses) included depression (CESD) and pure grief. All measures demonstrated adequate internal consistency.

**Results:** Adjusted R2 for depression was .546 (CFI = .932). The strongest predictors (estimated standardized regression coefficients) of depression were emotional strength (est. = -.53); passive coping (est. = .22); concurrent stressors (est. = .16); mate communication (est. = -.13); pregnant again (est. = -.12); and mental health history (est. = .11). The Adjusted R2 for pure grief was .581 (CFI = .931). The strongest predictors of grief were personal significance of miscarriage (est. = .58); mate’s grief (est. = .18); passive coping (est. = .17); and relationship history (est. = .13).

**Discussion & Conclusions:** Appraisal of miscarriage and mate’s grief best predicted men’s grief one year after loss. Depression was more closely aligned with low emotional strength, a passive coping, stressful life circumstances poor mate communication, and failing to conceive again. Perhaps men’s depression after miscarriage reflects a failure to directly deal with the loss. Alternatively, depression at one year may be due to life circumstances beyond the miscarriage.

**Abstract History:**
This abstract has been published or accepted for publication. This abstract has been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting. Western Institute of Nursing

**Financial Disclosure:**
No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

**FDA Disclosure:**
I will not be describing any pharmaceutical and/or medical device.

**Non-Exclusive License:**

Submitted by:
kswanson@unc.edu