

# Section I

## MENTAL HEALTH OF PARENTS WHO REPORT AN UNPLANNED PREGNANCY AND BIRTH

### HIGHLIGHTS

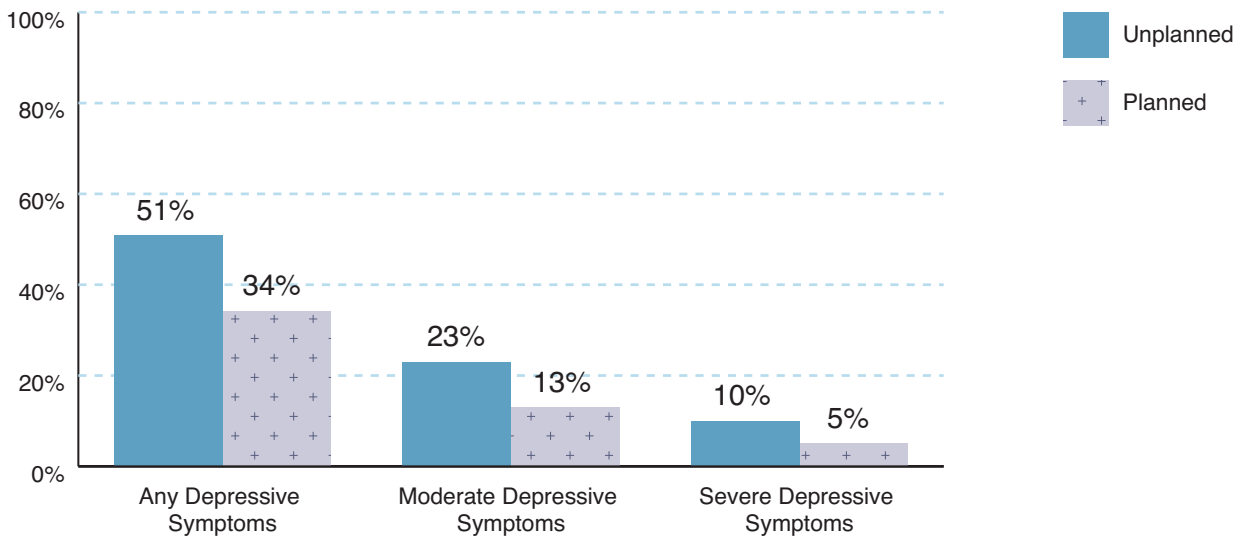
- ▲ Half of women who had an unplanned pregnancy and birth reported any depressive symptoms, and nearly one-quarter reported moderate depressive symptoms. Self-reported levels of maternal depression were higher for mothers who reported an unplanned pregnancy and birth compared to mothers who reported a planned pregnancy and birth, net of differences in other background characteristics.
- ▲ Nearly four in ten fathers who reported an unplanned pregnancy followed by a birth reported any depressive symptoms nine months after the birth compared to about one-quarter of fathers who reported a planned pregnancy and birth. These differences remained significant, although smaller when controlling for differences in other background characteristics.
- ▲ Interestingly, both mothers and fathers reported the highest incidence of depressive symptoms when the mother (but not necessarily the father) reported that the pregnancy was unplanned.

This section explores the mental health of mothers and fathers and how it varies by their reports of pregnancy intention among those couples who reported a pregnancy followed by a live birth. Specifically, the data below focus on depressive symptoms nine months after the birth of the child as reported by both mothers and fathers (including non-residential fathers). The data in these charts are based on analyses conducted by Child Trends Inc. using data from the Early Childhood Longitudinal Study—Birth Cohort. Note that all of these findings refer to pregnancies that resulted in a live birth.

In addition to presenting the overall distribution of report of depressive symptoms among those mothers and fathers who report a planned versus unplanned pregnancy, results based on predictive probabilities from multivariate models are presented to provide more information about how much of the difference between the two groups is attributable to pregnancy planning status.

## I-1. Percentage of Mothers Reporting Depressive Symptoms by Her Reported Pregnancy Intention<sup>1</sup>

- ▲ Half of mothers who reported that their pregnancy was unplanned reported any depressive symptoms nine months after the baby was born compared to about one-third of mothers who report that the pregnancy was planned.
- ▲ Nearly one-quarter of mothers who reported that their pregnancy was unplanned reported moderate depressive symptoms, and one in ten reported severe depressive symptoms.



Percentage of Mothers Reporting Depressive Symptoms by Her Reported Pregnancy Intention— Without Controlling for Background Characteristics		
	Pregnancy was Planned	Pregnancy was Unplanned
% with Any Depressive Symptoms	34%	51%*
% with Moderate Depressive Symptoms	13%	23%*
% with Severe Depressive Symptoms	5%	10%*

\*Difference between planned and unplanned category is statistically significant (p<0.05).

1. Child Trends Inc., analysis of data from the Early Childhood Longitudinal Survey—Birth Cohort, 2008.

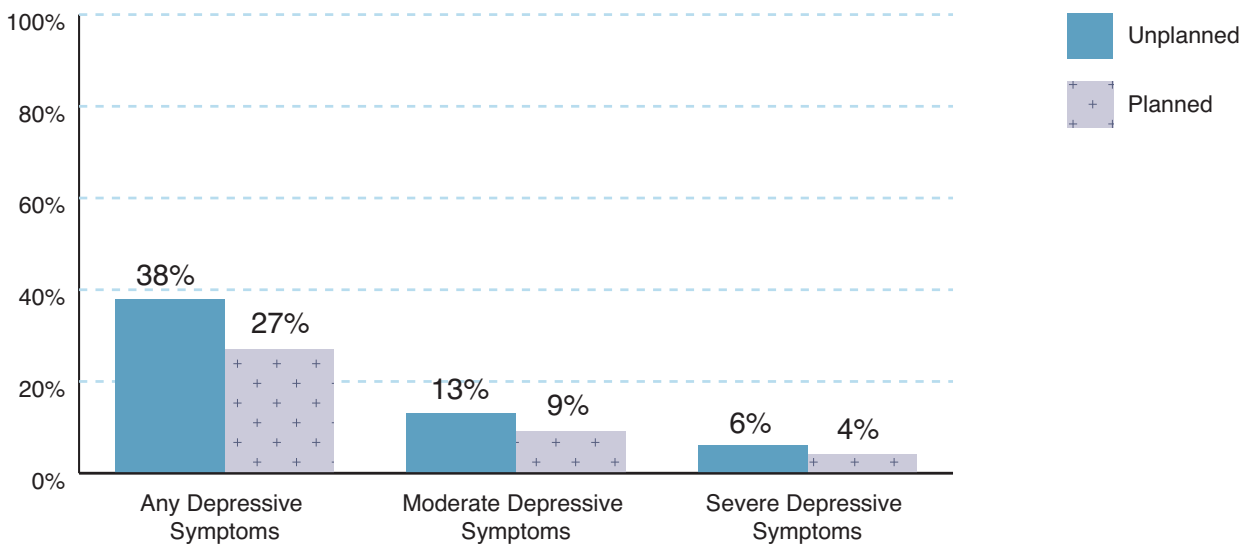
- ▲ In addition, the results below are based on predicted probabilities from multivariate models that control for a number of mother, child, and family characteristics. These estimates suggest how much of the difference between outcomes following planned versus unplanned pregnancies would remain even among mothers who are otherwise quite similar. The characteristics controlled for include the mother’s age at the child’s birth, mother’s previous marital status, mother’s education, mother’s work history, whether or not the mother lived with both of her parents until age 16, maternal grandparent’s highest level of education, child’s age at baseline, child’s race/ethnicity, child’s birth order, child’s gender, whether or not English is the primary language spoken at home, poverty status, and parent’s relationship status at birth.
- ▲ The differences in report of depressive symptoms between those women who report that their pregnancy was planned and those women who report that their pregnancy was unplanned remain statistically significant, but are smaller.

<b>Percentage of Mothers Reporting Depressive Symptoms by Her Reported Pregnancy Intention—Controlling for Background Characteristics</b>		
	Pregnancy was Planned	Pregnancy was Unplanned
% with Any Depressive Symptoms	39%	47%*
% with Moderate Depressive Symptoms	15%	20%*
% with Severe Depressive Symptoms	6%	8%*

\*Difference between planned and unplanned category is statistically significant (p<0.05).

## I-2. Percentage of Fathers Reporting Depressive Symptoms by His Reported Pregnancy Intention<sup>2</sup>

- ▲ Nearly four in ten men who reported that they fathered a child as the result of an unplanned pregnancy reported any depressive symptoms nine months after the birth of the child. This is significantly higher than the incidence of any depressive symptoms among men who fathered a child as the result of a planned pregnancy (27%).
- ▲ Fathers who said that the pregnancy was unplanned were also more likely to report moderate and severe depressive symptoms compared to fathers who said that the pregnancy was planned.



Percentage of Fathers Reporting Depressive Symptoms by His Reported Pregnancy Intention— Without Controlling for Background Characteristics		
	Pregnancy was Planned	Pregnancy was Unplanned
% with Any Depressive Symptoms	27%	38%*
% with Moderate Depressive Symptoms	9%	13%*
% with Severe Depressive Symptoms	4%	6%*

\*Difference between planned and unplanned category is statistically significant (p<0.05).

2. Child Trends Inc., analysis of data from the Early Childhood Longitudinal Survey—Birth Cohort, 2008.

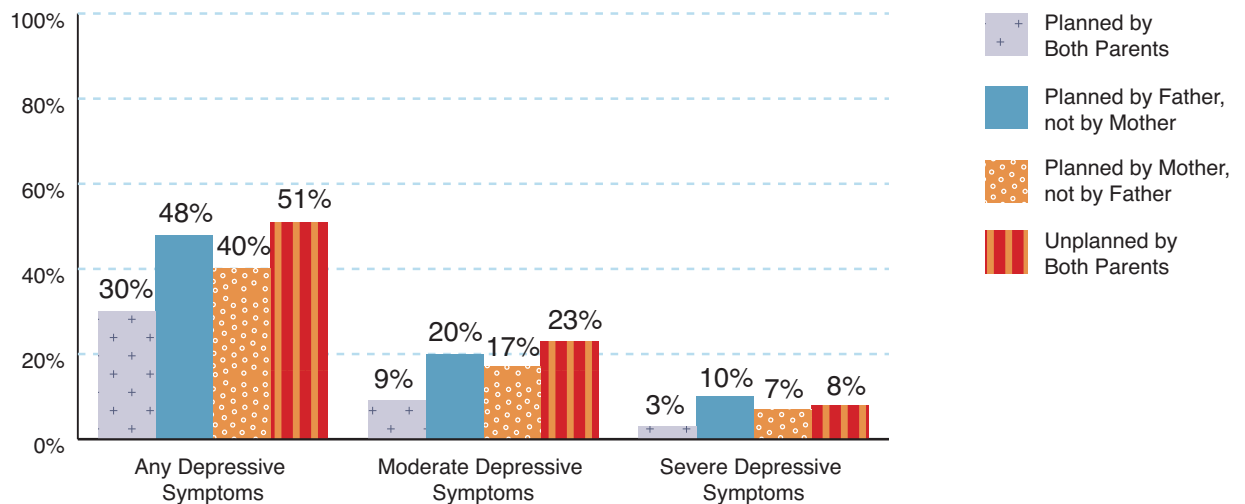
- ▲ In addition, the results below are based on predicted probabilities from multivariate models that control for a number of father, child, and family characteristics. These estimates suggest how much of the difference between outcomes following planned versus unplanned pregnancies would remain even among fathers who are otherwise quite similar. The characteristics controlled for include the father’s age at the child’s birth, father’s education, father’s current work status, child’s age at baseline, child’s race/ethnicity, child’s birth order, child’s gender, whether or not English is the primary language spoken at home, poverty status, and parent’s relationship status at birth. Results also control for mother’s pregnancy intentions.
- ▲ Only differences in report of any depressive symptoms between those fathers who report that the pregnancy was planned and those who report that the pregnancy was unplanned remain statistically significant once these other differences are controlled for.

<b>Percentage of Fathers Reporting Depressive Symptoms by His Reported Pregnancy Intention— Controlling for Background Characteristics Including Mother’s Intentions</b>		
	Pregnancy was Planned	Pregnancy was Unplanned
% with Any Depressive Symptoms	29%	34%*
% with Moderate Depressive Symptoms	10%	11%
% with Severe Depressive Symptoms	4%	5%

\*Difference between planned and unplanned category is statistically significant (p<0.05).

### I-3. Percentage of Mothers Reporting Depressive Symptoms by Parental Agreement on Pregnancy Intention<sup>3</sup>

- ▲ Mothers who disagreed with their child’s father about whether or not the pregnancy was planned were more likely to report any, moderate, or severe depressive symptoms compared to mothers who agreed with the child’s father that the pregnancy was planned.
- ▲ In fact, three out of ten mothers who agreed with their child’s father that the pregnancy was planned reported any depressive symptoms nine months after the birth compared to more than four in 10 mothers who disagreed with their child’s father about the pregnancy intention, and more than half (51%) who agree with the child’s father that the pregnancy was unplanned.



Percentage of Mothers Reporting Depressive Symptoms by Parental Agreement on Pregnancy Intention—Without Controlling for Background Characteristics				
	Planned by Both Parents	Planned by Father, not by Mother	Planned by Mother, not by Father	Unplanned by Both Parents
% with Any Depressive Symptoms	30%	48%*	40%*	51%*
% with Moderate Depressive Symptoms	9%	20%*	17%*	23%*
% with Severe Depressive Symptoms	3%	10%*	7%*	8%*

\* Note that the difference between both parents planned and at least one or both parents unplanned is statistically significant ( $p < 0.05$ ).

1. Child Trends Inc., analysis of data from the Early Childhood Longitudinal Survey—Birth Cohort, 2008.

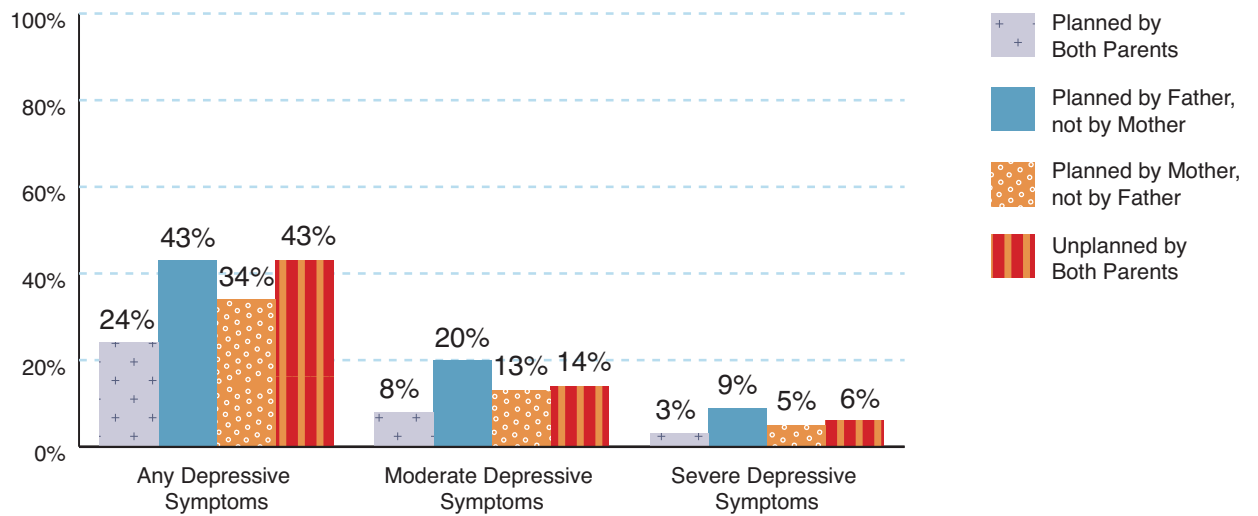
- ▲ In addition, the results below are based on predicted probabilities from multivariate models that control for a number of child, family, and individual mother and father characteristics (mentioned in I.1 and I.2). These estimates suggest how much of the difference between outcomes following planned versus unplanned pregnancies would remain even among families who are otherwise quite similar. Note that for these analyses, parental education is aggregated and the highest level achieved by either parent is used as a control. Maternal intention is not included as a control in the parental agreement analyses.
- ▲ Nearly all of the differences in mothers' reports of depressive symptoms by parental agreement on pregnancy intention remain statistically significant, but are smaller, net of differences in background characteristics.

<b>Percentage of Mothers Reporting Depressive Symptoms by Parental Agreement on Pregnancy Intention—Controlling for Background Characteristics</b>				
	Planned by Both Parents	Planned by Father, not by Mother	Planned by Mother, not by Father	Unplanned by Both Parents
% with Any Depressive Symptoms	34%	46%*	41%*	46%*
% with Moderate Depressive Symptoms	12%	19%*	18%*	20%*
% with Severe Depressive Symptoms	5%	9%*	7%*	6%

\* Note that the difference between both parents planned and at least one or both parents unplanned is statistically significant ( $p < 0.05$ ).

#### I-4. Percentage of Fathers Reporting Depressive Symptoms by Parental Agreement on Pregnancy Intention<sup>4</sup>

- ▲ Fathers were significantly more likely to report any, moderate, or severe depressive symptoms when they and/or the child’s mother reported the pregnancy was unplanned compared to those fathers who agreed with the child’s mother that the pregnancy was planned.
- ▲ Father reports of moderate and severe depressive symptoms were highest when fathers reported the pregnancy was planned but the child’s mother reported it was unplanned.



Percentage of Fathers Reporting Depressive Symptoms by Parental Agreement on Pregnancy Intention—Without Controlling for Background Characteristics				
	Planned by Both Parents	Planned by Father, not by Mother	Planned by Mother, not by Father	Unplanned by Both Parents
% with Any Depressive Symptoms	24%	43%*	34%*	43%*
% with Moderate Depressive Symptoms	8%	20%*	13%*	14%*
% with Severe Depressive Symptoms	3%	9%*	5%*	6%*

\* Note that the difference between both parents planned and at least one or both parents unplanned is statistically significant ( $p < 0.05$ ).

4. Child Trends Inc., analysis of data from the Early Childhood Longitudinal Survey—Birth Cohort, 2008.

- ▲ In addition, the results below are based on predicted probabilities from multivariate models that control for a number of child, family, and individual mother and father characteristics (mentioned in I.1 and I.2). These estimates suggest how much of the difference between outcomes following planned versus unplanned pregnancies would remain even among families who are otherwise quite similar. Note that for these analyses, parental education is aggregated and the highest level achieved by either parent is used as a control. Maternal intention is not included as a control in the parental agreement analyses.
- ▲ Nearly all of the differences in fathers' reports of depressive symptoms by parental agreement on pregnancy intention remain statistically significant, but are smaller, once these other differences are netted out.

<b>Percentage of Fathers Reporting Depressive Symptoms by Parental Agreement on Pregnancy Intention—Controlling for Background Characteristics</b>				
	Planned by Both Parents	Planned by Father, not by Mother	Planned by Mother, not by Father	Unplanned by Both Parents
% with Any Depressive Symptoms	27%	41%*	34%*	37%*
% with Moderate Depressive Symptoms	9%	18%*	13%*	11%*
% with Severe Depressive Symptoms	3%	8%*	5%	5%

\* Note that the difference between both parents planned and at least one or both parents unplanned is statistically significant ( $p < 0.05$ ).