

American Academy
of Pediatrics



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Parenting Styles and Depression

Prevalence of depression related cues in social media posts from parents following different parenting styles.

-Kristina Joos-



Overview

- Problem
- Method
- Result
- Conclusion



Problem

- Depression in new parents:
 - 1 in 7 new mothers
 - between 2% and 25% of new fathers
 - Harmful effects on children
- Improve recommendations for new parents during well-child visits :
 - Recommend parenting styles that lower the risks for a parental depression





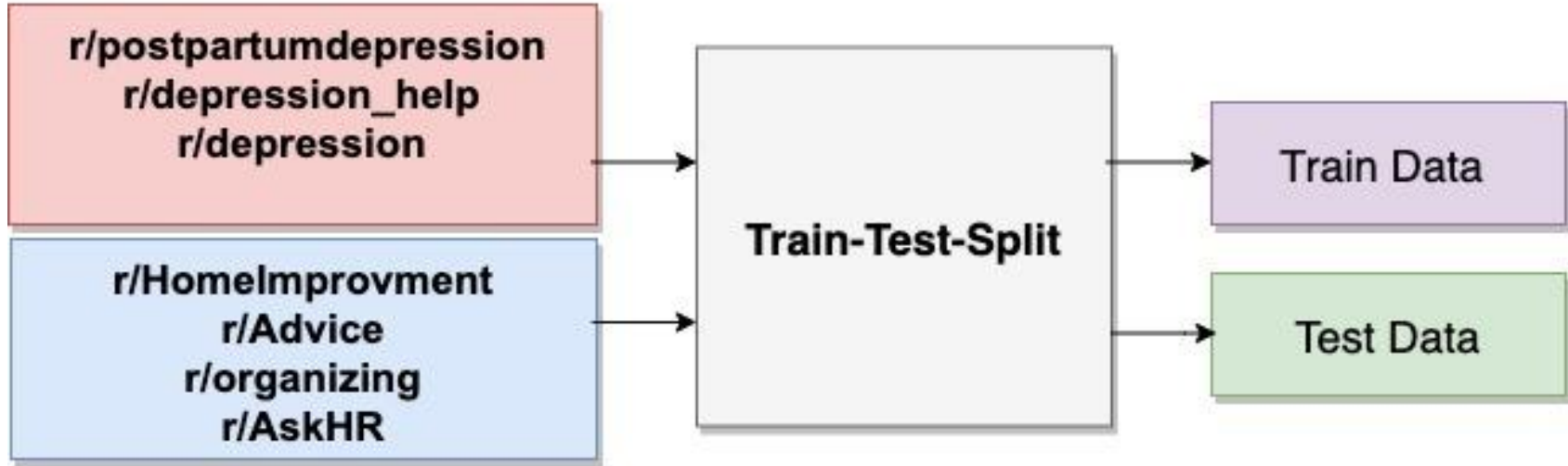
Attachment

- Builds intimacy via breastfeeding, co-sleeping and baby-wearing
- Encourages good behavior
- Quick to respond to kids' needs

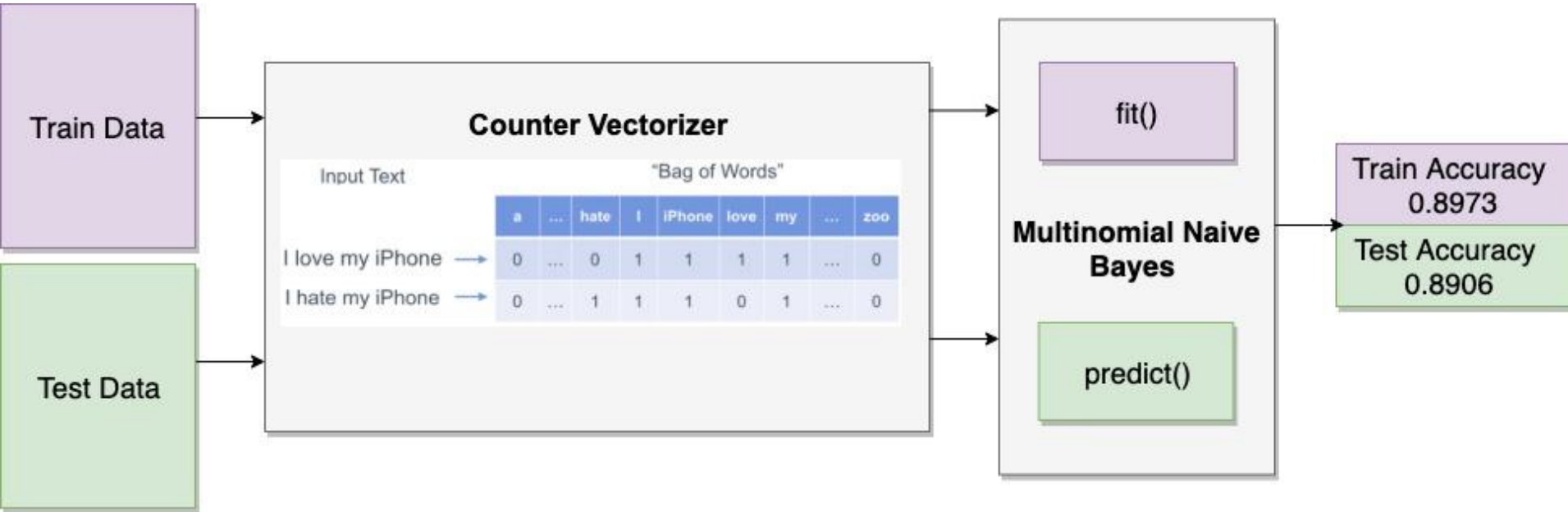
the **BUMP**

- Strives for perfection
- Hires others to train and care for kids
- Relies on professionals

Methods: Data for building the model



Methods: Building the model



Methods: Prediction



r/AttachmentParenting

r/parenting
r/sleeptrain

r/DIY (control)

Counter Vectorizer

Input Text

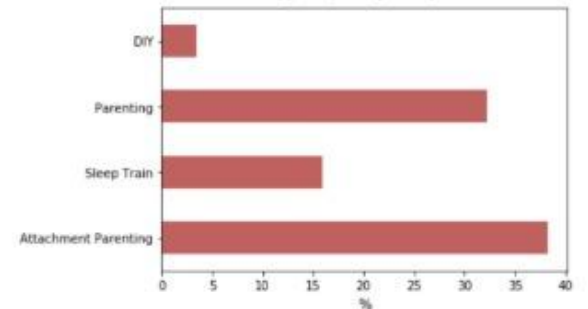
"Bag of Words"

	a	...	hate	I	iPhone	love	my	...	zoo
I love my iPhone →	0	...	0	1	1	1	1	...	0
I hate my iPhone →	0	...	1	1	1	0	1	...	0

Multinomial Naive Bayes

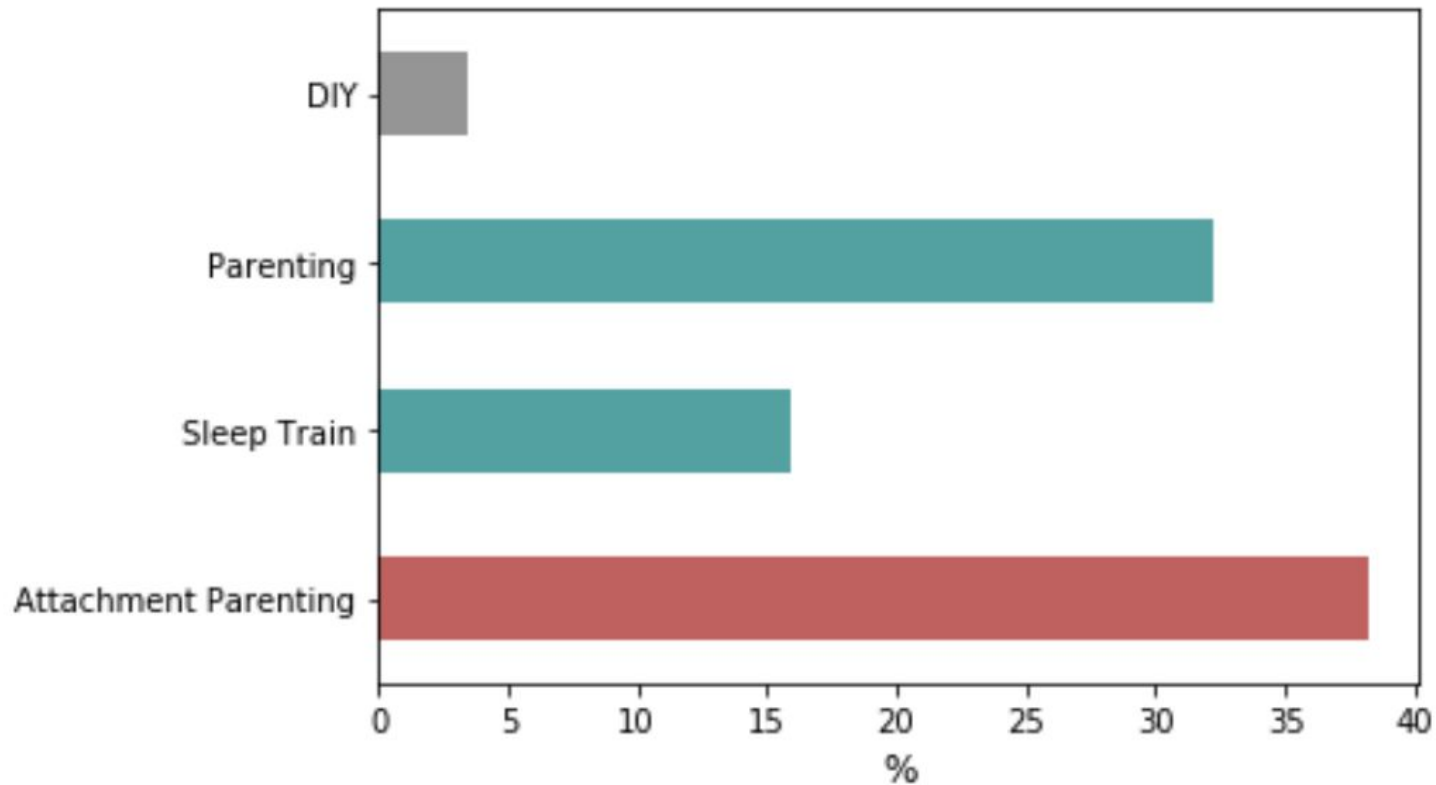
predict()

Average Propability of Depressed



Results

Average Propability of Depressed



Examples

"I'm at my wits ends. My LO is 8 months old. I've been practicing attachment parenting as much as possible. We sleep together, I breastfeed him, wear him, never let him cry. He is fussy all the time, cries a lot, and screams a lot. He always wants me to hold. I don't know what to do. I'm losing my mind. I'm exhausted. His cries and screams make me irrationally angry most of the time. I don't know what to do."

Predicted Class: depression-related cues



Examples

“My son is a silent waker. The baby monitor is plugged into the wall and picks up no sound when he wakes. This means by the time he starts fussing and crying and I hear it, he is quite awake and hard to resettle. I found a solution that I thought someone else could use! I plug an extension cord into the wall, and lay the monitor on top of him. If he so much as rolls over he motion moves the monitor and makes a noise for me to check. Has been such a lifesaver and I'm proud to have thought of it!”

Predicted Class: no depression-related cues



Examples

“How much time do you let your baby play independently? I know people say to let a baby play if they're happy to do so alone, but it seems like mine is happy to do that all day. is that something I should worry about? ”

Predicted Class: depression-related cues



Conclusion

- Significantly more depression-related posts in the Attachment Parenting Subreddit
- **Correlation doesn't mean causation!**
- Recommendation:
Add questions about parenting styles into the screening process for PPD



Questions?

