



Multiple Domains of New Mothers' Adaptation: Interrelations and Roots in Childhood Maternal Nonsupportive Emotion Socialization

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This study focused on the interrelations among different domains of maternal adaptation (i.e., emotion-regulation difficulties, depressive symptoms, and couple-relationship satisfaction) over the transition to parenthood and also their associations with mothers' recalled childhood maternal nonsupportive emotion socialization. Data were obtained from a socioeconomically and racially diverse sample of 196 primiparous mothers during the 3rd trimester of pregnancy and at 6 months postpartum. Results indicated that (a) mothers' adaptation in different domains had shared roots in their recalled childhood maternal nonsupportive emotion socialization; (b) maternal adaptation in various domains were interrelated with rather than independent of each other, and such associations were unidirectional rather than reciprocal (e.g., mothers' prenatal couple-relationship satisfaction was negatively associated with their depressive symptoms at 6 months postpartum rather than the reverse); and (c) mothers' adaptation in a given domain served as the mechanism via which their recalled childhood maternal nonsupportive emotion socialization shaped their other domains (e.g., mothers' recalled maternal nonsupportive emotion socialization was associated with their depressive symptoms at 6 months postpartum, even after controlling for their prenatal emotion-regulation difficulties). These associations suggest the need for a more nuanced understanding of the complexity inherent in the transition to parenthood and highlight potential avenues for supporting mothers' successful navigation of challenges over this transition.

Keywords: emotion socialization, emotion regulation, depressive symptoms, couple-relationship satisfaction, transition to parenthood

The introduction of the article includes the literature review and the research hypotheses for the current study.

The transition to parenthood is a unique family life stage characterized by challenges that often contribute to changes in individual and relational domains (Cowan & Cowan, 2000). Although parental adaptation to this transition has long been viewed as a multifaceted rather than monolithic construct, few studies have approached it from a multidimensional perspective, and even fewer have examined the interrelations among different adaptation domains. Among various adaptation domains, three have been showed to be particularly sensitive to

changes across the transition to parenthood: emotion regulation (Rutherford, Wallace, Laurent, & Mayes, 2015), depressive symptoms (Nelson, Kushlev, & Lyubomirsky, 2014), and couple-relationship satisfaction (Doss & Rhoades, 2017). Moreover, there is an ongoing debate on the temporal dynamics (i.e., directionality) of the association for each pair of the three adaptation domains (Berking & Wupperman, 2012; Gross & Muñoz, 1995; Levenson, Haase, Bloch, Holley, & Seider, 2014). Without addressing these questions, the complexity in-

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