

Repeterende negative tanker i perinatal periode

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Katrine

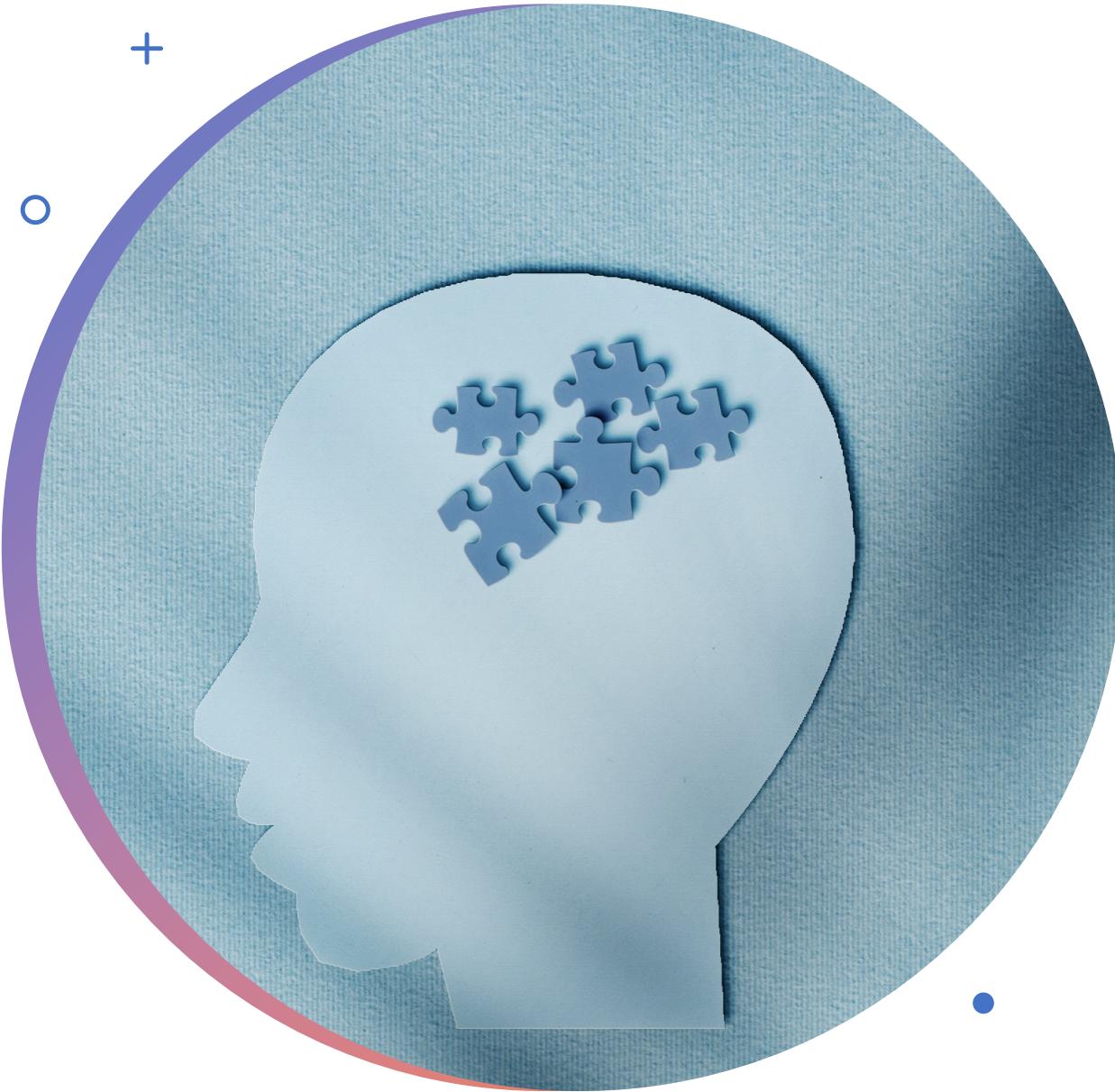


Katrine



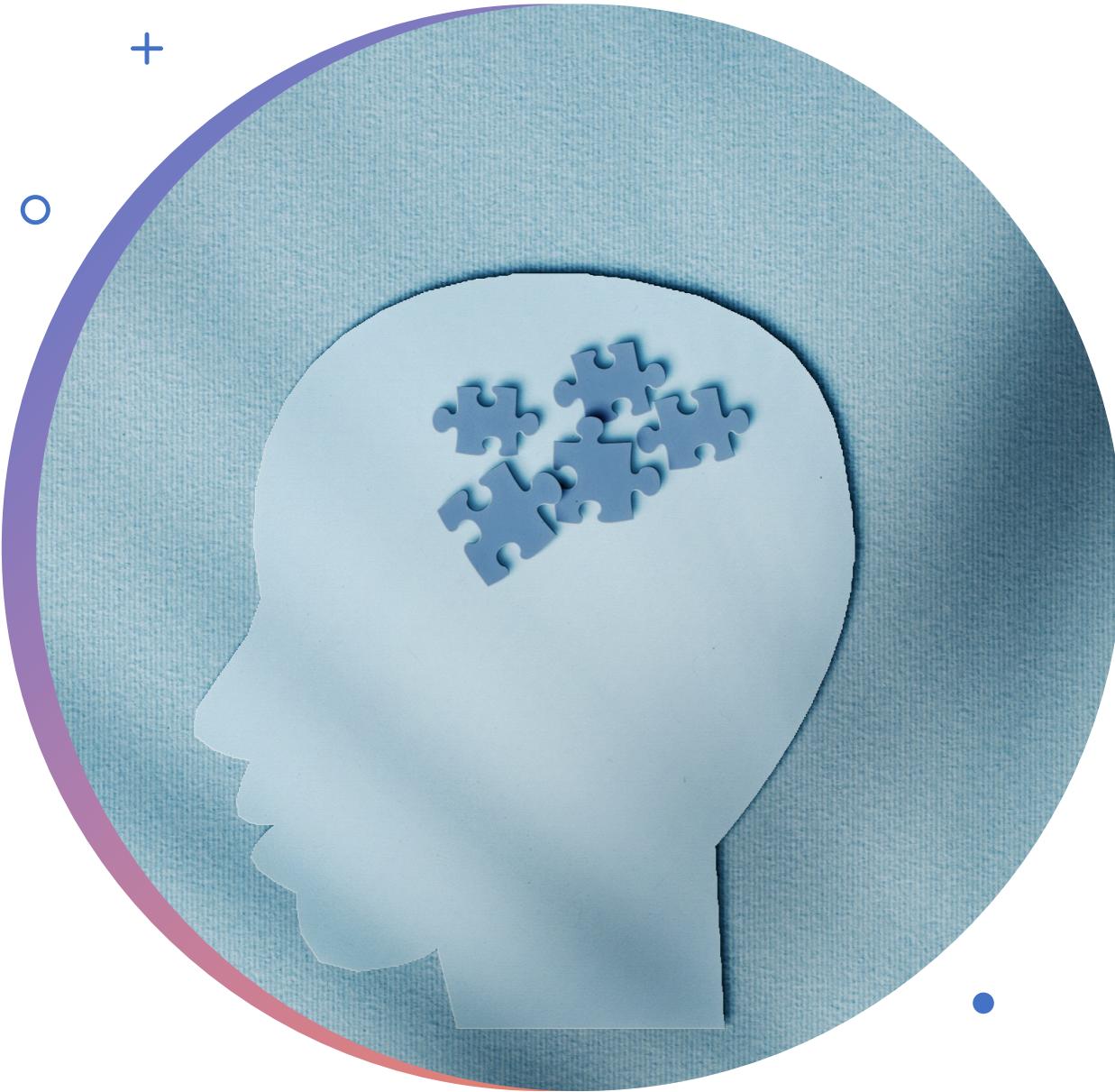
Repeterende negative tanker

- Gjentagende
- Negative
- Unyttige
- Vansklig å løsribe seg fra



Transdiagnostisk

- Bekymring
- Ruminering
- Grubling



Sårbarhet?



Perinatal periode

- Økt risiko for psykiske vansker
- Sårbarhet-stress



Spedbarnets tidlige utvikling

- Særlig formbar periode
- Erfaringsbasert
- Behov for reguleringsstøtte

Foreldre- barn samspill



- +
-
-



+

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Fanget i tankene

- Er du her for meg?
- Ser du meg?
- Hva tenker du på?



o

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Hvilken rolle
spiller
repeterende
negative tanker
i perinatal
periode?

NorBaby-studien



220 gravide og 130 partnere rekruttert gjennom jordmortjenester. Ressurssterkt utvalg.

3 målinger under svangerskap (T1-T3)

Intervensjon: Newborn Behavioral Observation (NBO)

3 målinger etter fødsel (T4-T6)

Bredt utvalg spørreskjema, kognitive tester, observasjon, nevropsykologisk undersøkelse.

Foreldrenes psykiske helse

Repeterende
negativ tenkning



+ prenatale depressive symptomer

+ postnatale depressive symptomer

+ foreldrestress



Bonding

Foreldre-barn relasjonen

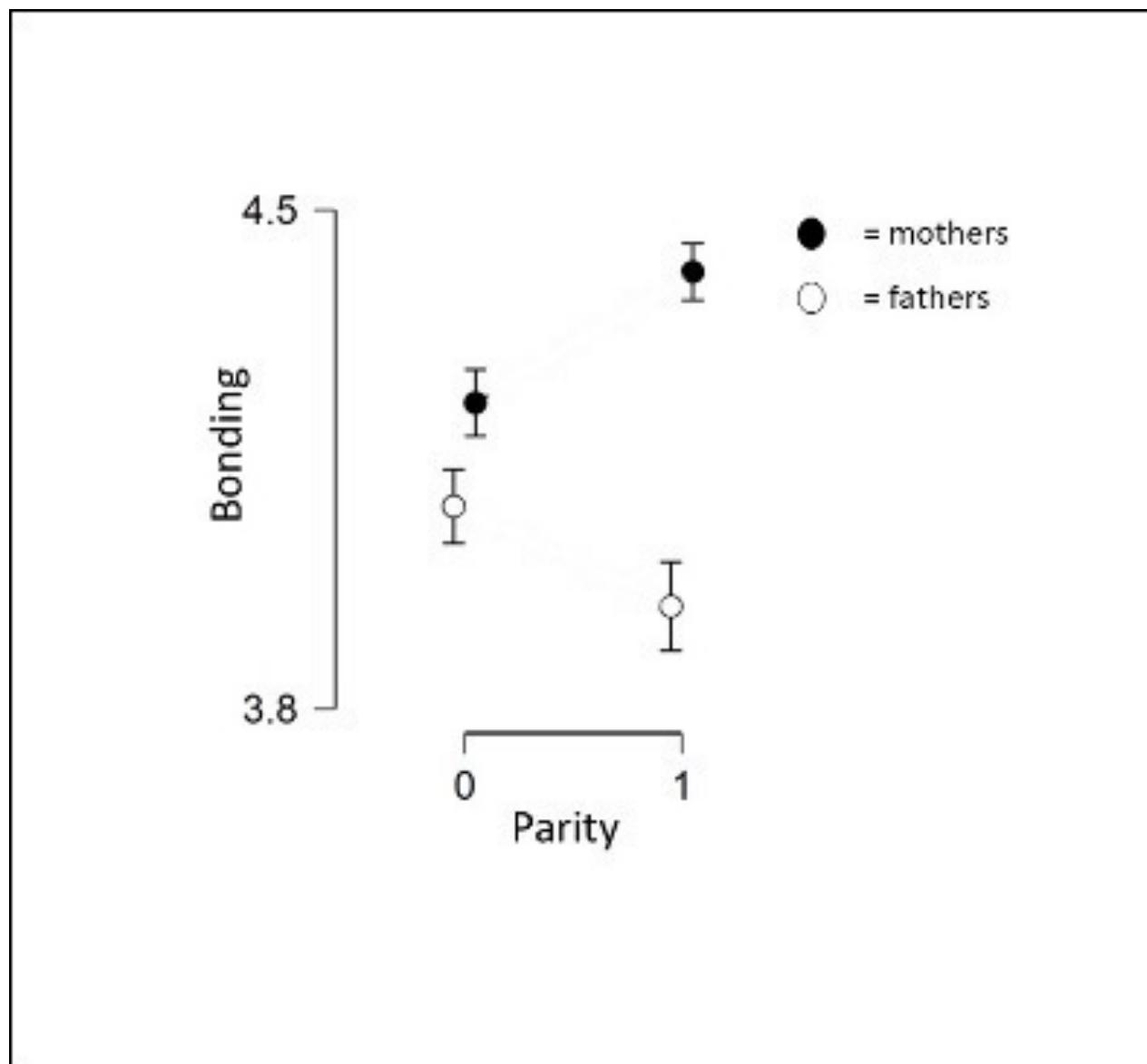
Repeterende
negativ tenkning



- bonding

+ opplevd vanskelig temperament

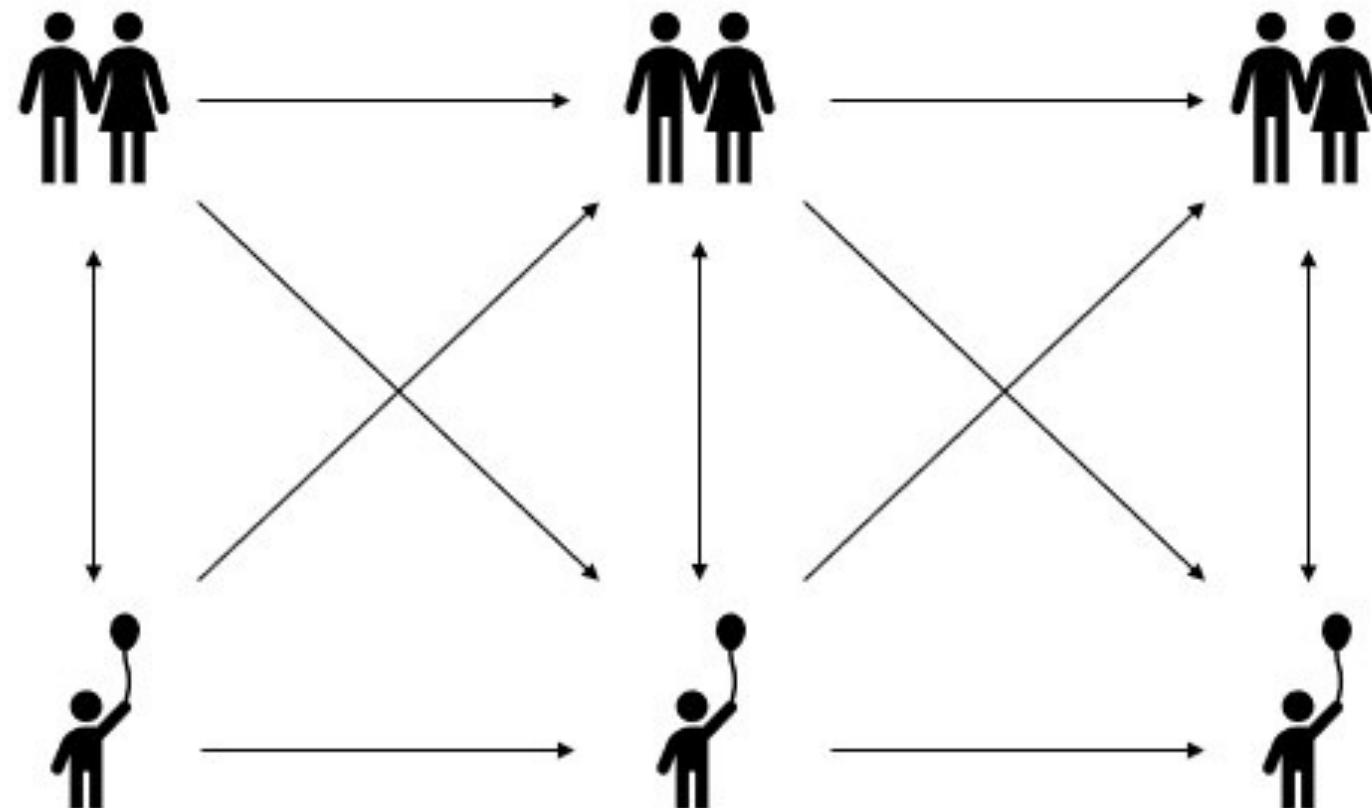
Kjønnsforskjeller



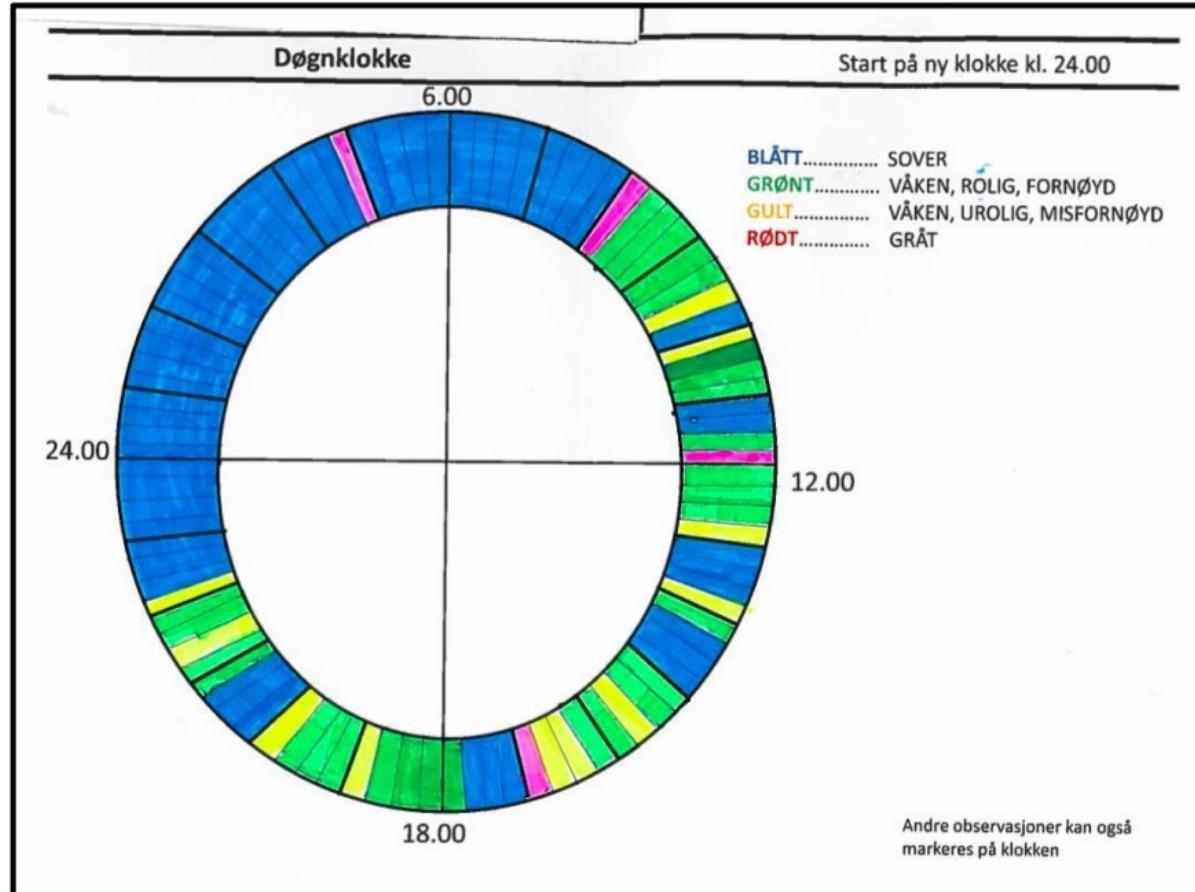


Barnets
bidrag?

Transaksjonsmodellen



Barnets regulering



«De gule blir fort grønne når jeg tar han opp»

«Litt lite oppmerksomhet grunnet krevende storesøster»



Alarm Distress Baby Scale

Modell

Begrensninger ved NorBaby:

- Deltaker bias – ressurssterkt utvalg
- Longitudinelt nok?
- Kognitive tester i forskning på individuelle forskjeller
- Utfordringer med å undersøke transaksjoner

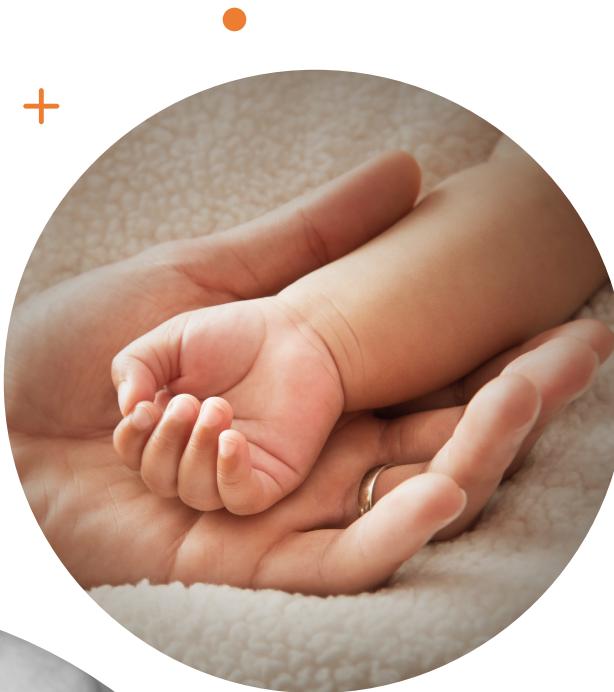
Hva kan vi gjøre for Katrine?

+

o

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Hva kan vi gjøre
for familien?



Tusen takk!

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Alle foto fra Microsoft Stock Images og
NorBaby



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