

Article: Characteristics of New Parents

Inferential Test: Dependent t-test

Excerpt from the Research Article¹

Couples were first contacted during an early meeting of a childbirth course. Approximately 6 weeks before their due date (at Time 1), both members of each couple completed several self-report scales after a class, privately and without consulting one another. Approximately 6 months after childbirth (at Time 2), both partners completed a second set of self-report measures.... Participants' desire to become a parent was assessed only during the prenatal testing session. Parenting meaning/satisfaction and stress were assessed only postnatally.

The Desire to Become a Parent Scale...contains 12 items. Sample items include "I have a strong desire to have children."

Marital satisfaction was assessed by the Satisfaction subscale of the...Dyadic Adjustment Scale (DAS). Example items from this 10-item subscale are as follows: "Do you regret that you ever married?"...

Depressive symptoms were measured by the Center for Epidemiologic Studies–Depression Scale.... Participants indicated the frequency of depressive symptoms *within the last week*. Sample items include "I was bothered by things that usually didn't bother me."...

Parenting stress was measured by the...Parenting Stress Index. Example items are as follows: "My baby is so demanding that it exhausts me."...

Table 1
Descriptive Statistics: Means, Standard Deviations, and Matched-Pair t Tests

	Men		Women		<i>t</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	
Desire to become a parent (T1)	62.77	1.01	67.17	1.01	3.57**
Parent meaning/satisfaction (T2)	46.12	8.28	50.25	7.11	4.17***
Marital satisfaction (T1)	41.83	4.15	41.93	4.70	0.29
Marital satisfaction (T2)	40.17	5.60	39.52	6.70	1.33
Depression (T1)	29.27	7.78	31.37	7.66	2.32*
Depression (T2)	29.11	8.31	30.42	8.47	1.38
Parenting stress (T2)	31.00	17.70	36.00	16.94	3.41**

Note. T1 = Time 1; T2 = Time 2.

* $p < .05$. ** $p < .01$. *** $p < .001$.

¹ Source: Rholes, W. S., Simpson, J. A., & Friedman, M. (2006). Avoidant attachment and the experience of parenting. *Personality and Social Psychology Bulletin*, 32, 275–285. Copyright © 2006 by the Society for Personality and Social Psychology, Inc. Reprinted with permission.