

Guest lecture

Amy Claridge, Associate Professor, Central Washington University (US):

Maternal Mental Health and Couple Relationships in the United States

Tuesday 12 Sept 2023, 13.15-14.45, Venue: Linna K113

Associate professor Amy Claridge will present findings of her recent US mixed-method study of maternal depression across perinatal period. The study collected data prenatally, at 8-weeks postpartum, and again at 12-30 months postpartum and examined risk factors including access to healthcare, social support, pregnancy intention, and coparenting. The lecture also presents findings on her other research, e.g. on unintended pregnancy and maternal mental health outcomes, and the buffering role of coparenting in the association.



Professor **Claridge's** research is focused on informing prevention and early intervention with at-risk families in order to promote healthy child development. She has specifically studied the experience of unintended pregnancy and ways in which it influences couple relationships and coparenting during the transition to parenthood. She is also broadly interested in evaluating and improving the effectiveness of interventions delivered to underserved, multistressed families. Her research interests are informed by clinical experiences, and she is a licensed marriage and family therapist in Washington. She serves as the director of the Family Resource Center, and in that role facilitate parenting education groups and conduct family-related research, and she is the director of the undergraduate and graduate Child Development & Family Science programs at CWU.

