Dr Lisa Underwood
Senior Research Fellow, Psychological Medicine
Named Investigator, Growing Up in New Zealand
Today’s talk

• Background to Growing Up in New Zealand
  • What makes the study special?
  • How do we collect our data?
  • What do we do with our data?
  • What have we found?
  • What next?
Research domains and themes
Recruited during pregnancy

3 DHB regions (Auckland, Counties-Manukau, Waikato)

Due date between 25 April 2009 and 25 March 2010

6822 Mothers and 4401 Partners

6853 Children, more than 90% retention to two years
Growing Up in New Zealand

To date, the study has:

- Carried out more than 90,000 interviews
- Collected more than 50 million pieces of data
- Gathered more information about the crucial first 1000 days of life than any other contemporary study
- Completed 15 Data Collection Waves
- Deployed the services of more than 130 interviewers over the study’s life
- Published more than 90 manuscripts and reports
Longitudinal Information collected to date

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<th>Perinatal</th>
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<th>35 wk</th>
<th>9 mth</th>
<th>12 mth</th>
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<th>23 mth</th>
<th>2 yr</th>
<th>31 mth</th>
<th>45 mth</th>
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<td>Data linkage**</td>
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</table>

* CAPI computer assisted personal interview; † CATI computer assisted telephone interview; ‡ Child measurement/assessment/observation; ** Linkage to health and education records
The cohort

- **48%** Girls
- **52%** Boys

Deprivation level:
- **62%** of children were from a planned pregnancy
- **42%** were the first child in the family
- **6%** of mothers had treatment to assist with becoming pregnant
- **12%** have three or more siblings
- **3%** multiples (twins and triplets)

Ethnicity:
- **71%** European
- **24%** Maori
- **20%** Pacific
- **16%** Asian
- **3%** MELAA/Other

Growing Up in New Zealand
What makes us who we are?
What makes us special?

SAVE THE DATE

Your Growing Up in New Zealand

‘Who are today’s dads?’

online questionnaire starts on Monday, 30 November 2015.

If we have your email address we will send you a link to the online questionnaire on this day (please check your spam and other folders).

If you don’t have email, don’t worry – one of our interviewers will give you a call instead.
“Who are Today’s Dads?”

Fathers of the Growing Up in New Zealand cohort children

Lisa Underwood and Marjolein Verbiest

With Polly Atatoa Carr, Sarah Berry, Cameron Grant, Jatender Mohal, Te Kani Kingi, Jan Nicholson, Jan Pryor, Nikolas Rusten and Susan Morton

www.growingup.co.nz/todays-dads
Dads’ Engagement & Parenting Practices

- 82% feel they are a very good or better than average parent
- 58% of dads would like to be more involved in their child’s life
- 89% of dads who would like to be more involved said that work commitments prevented this from happening
- Lower levels of actual involvement were associated with desire to be more involved
- Higher levels of actual involvement were associated with:
  - Living with the child all the time
  - Higher levels of confidence as a parent
  - Higher levels of support
Paternal Depression Symptoms During Pregnancy and After Childbirth Among Participants in the Growing Up in New Zealand Study

Lisa Underwood, PhD; Karen E. Waldie, PhD; Elizabeth Peterson, PhD; Stephanie D'Souza, MSc; Marjolein Verbiest, PhD; Frances McDaid, BHSc; Susan Morton, FNZCPHM

**IMPORTANCE** Antenatal and postnatal depression are known to be common and associated with poor outcomes for women and their children. There is little evidence on depression symptoms among men during the perinatal period.

**OBJECTIVE** To identify characteristics associated with depression symptoms among men whose partners were pregnant and subsequently gave birth.

**DESIGN, SETTING, AND PARTICIPANTS** A longitudinal cohort study provided data from a demographically diverse sample of 3523 New Zealand men who completed interviews during their partner’s pregnancy and 9 months after the birth of their child. Participants were drawn from a cohort whose partners were pregnant women with a due date between April 25, 2009, and March 25, 2010, who were enrolled in the Growing Up in New Zealand study. Data analysis was conducted from September 1, 2015, to January 8, 2016.

**MAIN OUTCOMES AND MEASURES** Depression symptoms were measured using the Edinburgh Postnatal Depression Scale and the 9-item Patient Health Questionnaire; elevated depression symptoms were defined as scores higher than 12 and 9, respectively.
Pre- and post-natal depression has been studied exhaustively in mothers but a new study of 3500 Kiwi men has revealed how dads are also affected by the baby blues.

Using participants from the longitudinal Growing Up In New Zealand study, University of Auckland researchers discovered that 2.3 per cent of fathers experienced depression during their partners' pregnancy and the figure climbed to 4.3 per cent nine months after their child was born.
Antenatal Depression Symptoms in Pacific Women

- High rates of antenatal depression symptoms among Pacific women in the Growing Up in New Zealand cohort
  - 2 x rate among European women

- No existing literature on antenatal depression in Pacific women and associated factors
  - Huge gap in the literature

- 727 women who self-prioritised their ethnic identity as Pacific Islander
Findings

<table>
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<tr>
<th>Variable</th>
<th>Other (N = 1762)</th>
<th>Pacific (N = 727)</th>
<th>European (N = 3168)</th>
<th>Pearson $\chi^2$</th>
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<td>225 (12.8)</td>
<td>50 (6.9)</td>
<td>709 (22.4)</td>
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<td>74 (4.2)</td>
<td>25 (3.5)</td>
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<td>EPDS depression (N = 5657)</td>
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<td>Yes</td>
<td>250 (14.2)</td>
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<tr>
<th>Variable</th>
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1 in 3 pregnant Pacific women < 25 have antenatal depression
IPV during pregnancy: a socio-ecological, cross-cultural examination of risk and protective factors for New Zealand women

Questions used to assess level of relationship conflict:

- Three verbal (‘raise your voices when arguing’, ‘yell at each other when angry’ and ‘swear at each other when angry’)

- Three physical (‘push and shove each other when arguing’, ‘throw things at each other when arguing’ and ‘break things when arguing’)

Intimate partner conflict
14% (815) reported pushing or shoving, or breaking or throwing objects during relationship conflict within the previous month

- 6% of European women reported physical conflict
- 22% of Māori women
- 20% of Asian women
- 33% of Pacific women
<table>
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<tr>
<th>European factors</th>
<th>Maori factors</th>
<th>Pacific factors</th>
<th>Asian factors</th>
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<td>Identification with traditional culture Racial discrimination</td>
<td>Household structure</td>
<td>Migrant to NZ</td>
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<td>Lower family cohesion</td>
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<td>Higher structural commitment</td>
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<td>Poor-fair maternal health</td>
<td>Continuing to smoke</td>
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<td>Higher perceived stress</td>
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<td>Family stress</td>
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Findings

1. What factors during pregnancy are associated with IPV exposure in pregnant Pacific women?
2. Does IPV exposure in Pacific women during pregnancy have an effect on parenting at 9 months post-partum? If so, what parenting behaviours are affected and how?
Exposure to IPV during pregnancy & effects on parenting at 9 months | Findings from *Growing Up in New Zealand*

- Previous *Growing Up in New Zealand* findings identified highest rate of IPV in Pacific women during pregnancy
- No existing literature looking at IPV in Pacific women and effect on parenting
- Used data from a cohort of 580 Pacific women who completed antenatal and 9 month interviews
- IPV = reported any physical conflict in the previous 4 weeks
Findings

31.2% reported exposure to IPV in the previous 4 weeks.

1.6x the increased risk of IPV as a result of migrating to NZ after the age of 10 years old.

2.3x the increased risk of IPV exposure associated with smoking during pregnancy.

Women exposed to IPV had higher perceived stress.

Of those exposed to IPV:

75% played with toys with baby several times a day.

Women exposed to IPV 2.2x more likely to play with toys with their baby several times a day compared to once a day.

Higher family cohesion was protective of IPV exposure.

Personal and relationship commitment was protective of IPV exposure.
Focus of the 8/9 year DCW

• Child-centred

• Areas of interest:
  • Aspects of the children’s lives that may have been affected by their past environment, experiences and circumstances
  • How the children are doing at 8 years
  • Aspects of the children’s lives that may affect their future development and later childhood or even adult outcomes
  • A chance to hear the children’s voices
How are data collected?

- Precise measurement >>> open questions
- All children (where possible) are asked to complete the same questionnaires and tasks
- Experts, researchers and the Growing Up team spent two years selecting the best tools
  - Designed and developed scientifically
  - Good psychometric properties
  - Widely / internationally recognised
  - Easy / quick to use
What are we measuring?

- Children’s perceptions, views and experiences (Questionnaires)
- Development (Direct measurement)
  - Growth (anthropometry – height, weight, etc.)
  - Psychosocial (cognition – NIH Toolbox; social – sticker game)
  - Language (te reo tool)
- Relationships (Direct measurement)
  - Parent-child interaction
- Day-to-day life and activities (Direct measurement)
  - Accelerometers and Time Use Diary
Acknowledgements

Participants and their families
Assoc. Prof. Susan Morton

Growing Up in New Zealand team

University of Auckland and UniServices

Ministry of Social Development & Families Commission

Executive Board


Advisory and Stakeholder groups: Executive Scientific Advisory Group, Data Access Committee, Named Investigators and Collaborators, Kaitiaki Group