

MCPY213 Master Clinical Psychology Thesis II

Master Thesis

Body image dissatisfaction, postpartum depression and marital satisfaction of mothers  
after childbirth in Macau

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## Abstract

This cross-sectional study investigated the relationships among body image dissatisfaction, postpartum depression, marital satisfaction and objectified body consciousness perceived by women after childbirth within one to six months in Macau. Data were collected through the convenient sampling method of online survey and distribution of questionnaires in two private clinics and one private hospital. A total number of 70 mothers fulfilling the eligibility criteria participated in the current study. Results showed that as high as 18.6% of the sample was at risk for having postpartum depression. Among the 70 mothers, though 82% were shown to be in the normal range of body mass index, 97.1% of them experienced body image dissatisfaction, which implicated a considerable level of body image distortion. Consistent with hypotheses, both body image dissatisfaction and marital satisfaction contributed 27% of postpartum depression. Body surveillance and body shame were positive predictors of body image dissatisfaction ( $p < .01$ ). However, marital satisfaction was not a moderator between body image dissatisfaction and postpartum depression as hypothesized. Control belief was not negatively predicting body image dissatisfaction. The high prevalence rate of postpartum depression and body image distortion in this study requires considerable concern. It is also important to notice how body image dissatisfaction contributed to postpartum depression. Implications of this study and future research interests are discussed.

*Keywords:* body image dissatisfaction, postpartum depression, marital satisfaction, objectified body consciousness