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PII: S0165-0327(17)31125-4  
DOI: <https://doi.org/10.1016/j.jad.2017.11.065>  
Reference: JAD9379

To appear in: *Journal of Affective Disorders*

Received date: 3 June 2017  
Revised date: 8 September 2017  
Accepted date: 13 November 2017

Cite this article as: Laura M. Glynn, Mariann A. Howland, Curt A. Sandman, Elysia P. Davis, Michael Phelan, Tallie Z. Baram and Hal S. Stern, Prenatal Maternal Mood Patterns Predict Child Temperament and Adolescent Mental Health, *Journal of Affective Disorders*, <https://doi.org/10.1016/j.jad.2017.11.065>

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# Prenatal Maternal Mood Patterns Predict Child Temperament and Adolescent Mental Health

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## Abstract

### Background

This study quantifies the dynamics of maternal mood focusing on unpredictability, and to assess if greater unpredictability of prenatal maternal mood predicts child temperament and internalizing symptoms through early adolescence.

### Methods

The association between prenatal mood predictability and child internalizing symptoms were assessed in two longitudinal cohorts (N's = 227 and 180). Maternal mood was assessed repeatedly during pregnancy as early as 15 weeks' gestation. Predictability of maternal mood was calculated by applying Shannon's entropy to the distribution of responses on mood questionnaires. Maternal reports of child negative affectivity (a predictor of later internalizing) were collected at 6, 12, 24 months and 7 years of age. Child self-reports of anxiety symptoms were collected at 10 years and reports of depression symptoms at 13 years.

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