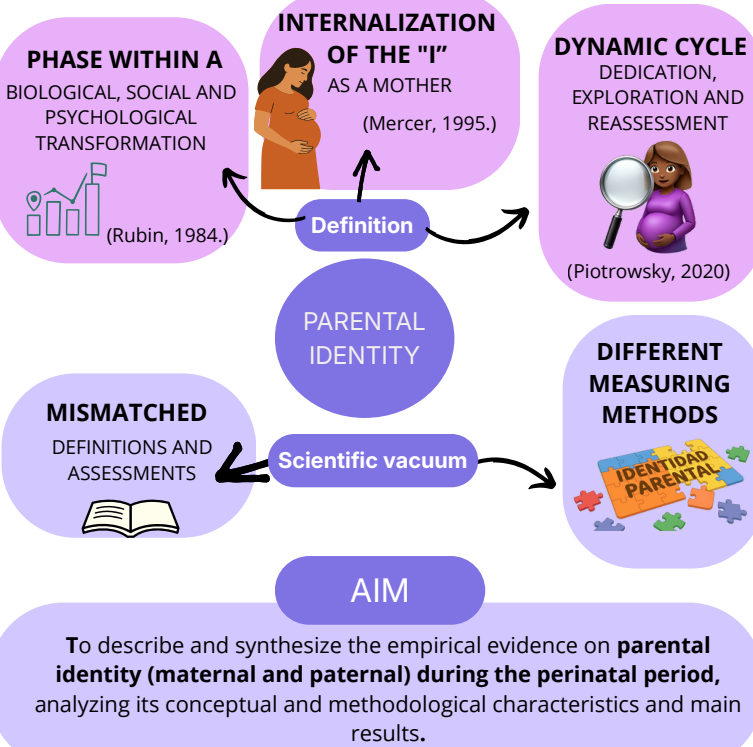


# Parental Identity during the Perinatal Period: A Systematic Review

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## BACKGROUND



## RESULTS

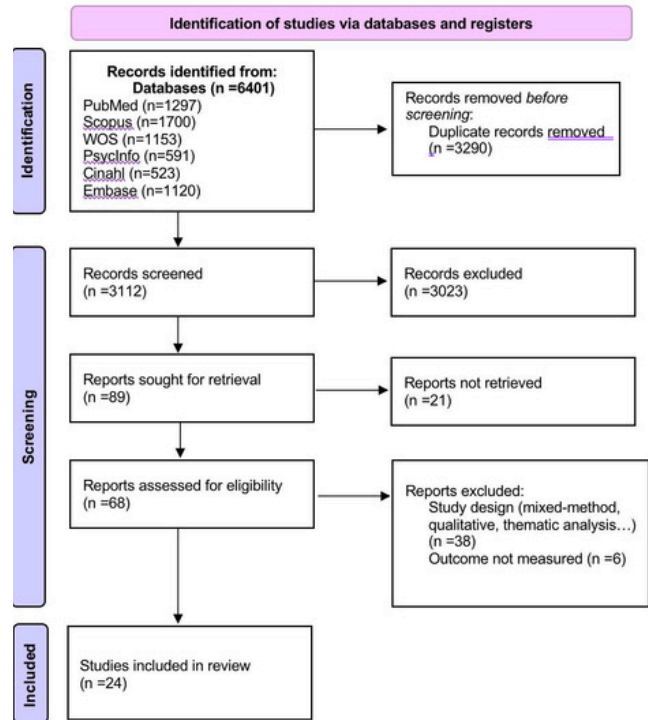
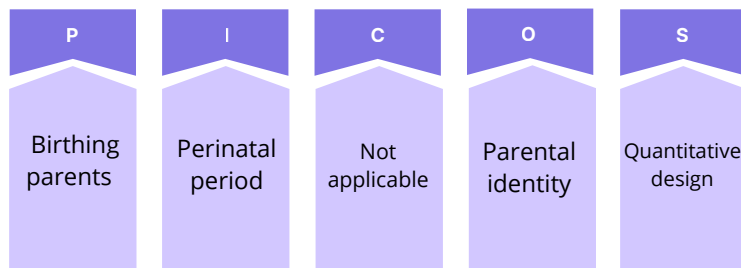


Fig. 1: Prisma 2020 Flow chart of the study inclusion process

## METHODS

This SR have followed the PRISMA 2020, an updated guideline for reporting systematic reviews (Page et al., 2021). The study protocol was registered in PROSPERO.

PICO-S model (Higgins and Green, 2011) ← Eligibility criteria



## DISCUSSION

- Parental identity is a construct associated with numerous aspects of the parenting experience and with perinatal mental health; however is **still poorly standardized**.
- **Studies with greater methodological rigor and conceptual consensus are required.**

- **Maternal identity falls** at 4–6 weeks postpartum and **recovers** at 12–14 weeks, regardless of the type of care received. (Song, J. E. et al. 2010)
- **Emotional clarity predicts maternal identity**, which in turn mediates fetal attachment ( $R^2=57\%$ ). (Lee, S. M. et al. 2017)
- **Educational interventions significantly improve maternal identity**, even in unplanned pregnancies. (Fasanghari et al., 2019; Kim, S. J. et al, 2018)
- A **strong maternal identity** is associated with **higher quality of life**, less depression and **greater maternal sensitivity**. (Shin et al., 2006; Park & Ahn, 2023)
- In **fathers**, the role of **emotional caregiver** is the **most predictive identity content** of the prenatal bond with the baby. (Habib, C. et al. 2006)

