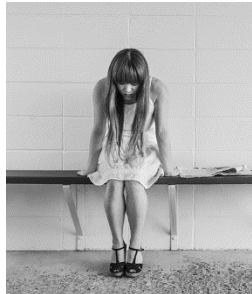


Dear Friends,

This week we share new research with you on: the link between hormonal contraceptives and depression; the type of leisure mothers participate in based on their marital status; and the effects of marital communication on children's behavior.

## **NEW RESEARCH HIGHLIGHTS**



### **Hormonal Contraception and Depression**

Hormonal contraception increases women's risk of depression. Women who used the pill were 23 percent more likely to suffer depression than nonusers, those who used the vaginal ring were 60 percent more likely, and those who used IUD's were 40 percent more likely to get depressed. Of special concern is the finding that teenage girls taking oral contraceptives were 80 percent more likely to experience depression than those who did not use the pill. Read the [report](#) from researchers at the University of Copenhagen, or check out this [summary](#).



### **Mothers' Marital Status and Leisure Activities**

Never married and divorced mothers spend more of their leisure time in socially isolated activities that confer few social and health benefits, whereas married mothers spend more of their leisure time in social activities, [according](#) to Emily Passias and colleagues.



### **Child Well-Being and Parents' Marriage**

Constructive marital communication results in less internalizing (anxiety) and externalizing (acting out) behavior problems in children, [according to](#) faculty from the University of Denver.

## **MARRIPEDIA ENTRIES RELATED TO THESE FINDINGS**

- 1) [“Effects of Marriage on Physical Health”](#)
- 2) [“Effects of Divorce on Children's Behavior”](#)

With an eye to our children, the future of America,

Pat Fagan  
Director of the MARRI Project