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New dads - mental health, perceptions, gender roles and current support services

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Sources searched: Medline, Psychinfo, Google, Bing

Time taken: 12 hours

Date Range: last 5 years

Other Limits: UK preferred

Search terms and notes: I have restricted the search to UK sources where possible. However, I have included results from Scandinavian countries as they are further advanced in research in this field and appear relevant. I carried out four separate searches in Medline and Psychinfo looking at aspects of mental health and depression, perceptions, attitudes and gender roles, impact of the pandemic and current support services. However, I found very little written on the pandemic's impact on new dads.

Search requested by:	
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'Post-natal' depression in fathers, or early fatherhood depression

Author Sameer P. Sarkar
URL <https://www.proquest.com/scholarly-journals/post-natal-depression-fathers-earlyfatherhood/docview/2032685947/se-2?accountid=47749>
Volume 32
Issue 2
Pages 197-216
Publication Psychoanalytic Psychotherapy
Date June 2018
Loc. in Archive 2032685947; 2018-19787-001
DOI 10.1080/02668734.2018.1458048
Abstract Both men and women are known to suffer from post-natal depression. However, there has been little attention paid to the psychodynamic genesis of post-natal depression in fathers. In this paper, I describe case histories of post-natal depression in two first time fathers and offer a formulation for understanding post-natal depression in such cases. I suggest a range of reasons for the failure to recognize this condition; and possible therapeutic interventions. (PsycINFO Database Record (c) 2018 APA, all rights reserved) (Source: journal abstract)
Archive APA PsycInfo®

"Waiting for better times": Experiences in the first postpartum year by Swedish fathers with depressive symptoms

Author Maigun Edhborg
Author Magdalena Carlberg
Author Fia Simon
Author Lene Lindberg
URL <https://www.proquest.com/scholarly-journals/waiting-better-times-experiences-firstpostpartum/docview/1816094479/se-2>
Volume 10
Issue 5
Pages 428-439
Publication American Journal of Men's Health
Date September 2016
Loc. in Archive 1816094479; 2016-37623-008
DOI 10.1177/1557988315574740
Abstract Swedish fathers are largely involved in their infant's care, and Sweden has a generous parental leave, with 2 months especially assigned for fathers. The prevalence of depressive symptoms postpartum for fathers appears to be similar as for mothers in Sweden. This study aimed to describe fathers' experiences of the first year postpartum, when they showed depressive symptoms 3 to 6 months postpartum. Semistructured interviews with 19 fathers were conducted and analyzed with content analysis. The fathers experienced loss of control and powerlessness due to discrepancies between their expectations and the reality they met after birth. They found the everyday-life turbulent, with much stress and worries for the infant, conflicts between family and work, and lack of support in everyday life. In addition, the fathers struggled with impaired partner-relationship, losses, and contradictory messages from both the society and their partners. These findings indicate that the fathers had difficulties to balance the competing demands of family, work, and their own needs. Thus, it is important to identify fathers with depressive symptoms at the Child Health Care Centers and attend to fathers' needs of support and acknowledge them as parents equal to mothers. (PsycINFO Database Record (c) 2018 APA, all rights reserved) (Source: journal abstract)
Archive APA PsycInfo®

"What kind of man gets depressed after having a baby?" Fathers' experiences of mental health during the perinatal period

Author Sarah Hambidge
Author Amy Cowell
Author Emily Arden-Close
Author Andrew Mayers
URL <https://doi.org/10.1186/s12884-021-03947-7>

Volume 21**Issue** 1**Pages** 463**Publication** BMC Pregnancy and Childbirth**Date** June 29, 2021**Journal Abbr** BMC Pregnancy and Childbirth**DOI** 10.1186/s12884-021-03947-7**Accessed** 03/02/2022, 15:15:22**Library Catalog** BioMed Central

Abstract To date, information and support has been focused on mothers, with evidence that healthcare professionals overlook fathers' mental health, and that fathers receive little or no support for themselves during the perinatal period. However, recently, fathers' mental health has become an area of interest.

A pilot evaluation of 'Working Out Dads': Promoting father mental health and parental self-efficacy

Author Rebecca Giallo**Author** Kirsty Evans**Author** Le Ann Williams**URL** <https://www.proquest.com/scholarly-journals/pilot-evaluation-working-out-dads-promoting/docview/2062874019/se-2?accountid=47749>**Volume** 36**Issue** 4**Pages** 421-433**Publication** Journal of Reproductive and Infant Psychology**Date** September 2018**Loc. in Archive** 2062874019; 2018-31882-001**DOI** 10.1080/02646838.2018.1472750

Abstract Aim: Approximately one in 10 fathers experience mental health difficulties in the early years of parenting, yet there is a dearth of evidence-based interventions to promote fathers' mental health at this time. Therefore, the aims of this study were: (1) to obtain preliminary data on the short-term changes in mental health symptoms and parenting self-efficacy for fathers of young children (aged 0–4 years) participating in Working Out Dads (WOD) and (2) to explore fathers' experiences of participation in WOD. Method: The sample consisted of 57 fathers who had at least one child aged between 0 and 4 years. Participants completed pre- and post- measures to assess the severity of depressive, anxiety and stress symptoms and parenting self-efficacy. A brief survey of fathers' experiences in WOD was also completed. Results: There was a significant reduction in fathers' reports of depressive and stress symptoms from pre- to post-intervention, and no significant change in anxiety symptoms. Parenting self-efficacy significantly increased from pre- to post-intervention. All changes were associated with moderate to large effect sizes. Fathers indicated that they were satisfied with the programme and that they were more confident in managing the stress of parenting and in their overall role as a father. Conclusions: This is the first study to evaluate WOD and provides promising preliminary evidence for its short-

term effects on fathers' mental health and parenting self-efficacy. Pilot results are positive and are a critical first step, informing the design of a more robust evaluation in the future. (PsycINFO Database Record (c) 2019

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Archive APA PsycInfo®

A qualitative exploratory study of UK first-time fathers' experiences, mental health and wellbeing needs during their transition to fatherhood

Author Sharin Baldwin

Author Mary Malone

Author Jane Sandall

Author Debra Bick

URL <https://bmjopen.bmj.com/content/9/9/e030792>

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Extra PMID: 31519681

DOI 10.1136/bmjopen-2019-030792

Accessed 03/02/2022, 13:52:49

Library Catalog bmjopen.bmj.com

Abstract

Objectives

 <p>To develop an understanding of men's experiences of first-time fatherhood, their mental health and wellbeing needs.</p><h3>Design</h3> <p>A qualitative study using semi-structured interviews. Data were analysed using framework analysis.</p><h3>Setting</h3> <p>Two large National Health Service integrated care trusts covering four London (UK) local authority boroughs.</p>

<h3>Participants</h3> <p>First-time fathers with children under 12 months of age were included. Maximum variation sampling was used, with 21 fathers recruited. Ten of these men described their ethnic background as Indian, seven as White British, one as Spanish, one as Black African, one as Black Caribbean and one as Pakistani. Participants' ages ranged from 20 to over 60 years; completion of full-time education ranged from high school certificate to doctorate level; and annual income ranged from £15 000 to over £61 000. Non-English speaking fathers, those experiencing bereavement following neonatal death, stillbirth, pregnancy loss, sudden infant death, and fathers with existing severe mental illnesses were excluded.</p><h3>Results</h3> <p>Nine major categories were identified: 'preparation for fatherhood', 'rollercoaster of feelings', 'new identity', 'challenges and impact', 'changed relationship: we're in a different place', 'coping and support',

'health professionals and services: experience, provision and support', 'barriers to accessing support', and 'men's perceived needs: what fathers want'. Resident (residing with their partner and baby) and non-resident fathers in this study highlighted broadly similar needs, as did fathers for whom English was their first language and those for whom it was not. A key finding of this study relates to men's own perceived needs and how they would like to be supported during the perinatal period, contributing to the current evidence.

Conclusions This study provides insight into first-time fathers' experiences during their transition to fatherhood, with important implications for healthcare policy makers, service providers and professionals for how perinatal and early years services are planned and provided for both new parents.

Anxiety among fathers in the postnatal period: Links to depression, attachment insecurity and emotion regulation

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Author Carolina Frisk

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URL <https://www.sciencedirect.com/science/article/pii/S2666915321001980>

Volume 6

Pages 100276

Publication Journal of Affective Disorders Reports

Date December 1, 2021

Journal Abbr Journal of Affective Disorders Reports

DOI 10.1016/j.jadr.2021.100276

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Library Catalog ScienceDirect

Abstract Background: Recent research has established postnatal anxiety as a common mental health problem among fathers, yet our knowledge regarding its underlying mechanisms is limited. The aim of the present study was to assess postnatal anxiety symptoms in fathers, to investigate comorbidity with postnatal depressive symptoms, and to examine the unique and shared contribution of attachment and emotion regulation as potential underlying mechanisms of postnatal anxiety, as compared to postnatal depression. Methods: A community sample of fathers (N=186) of infants 1–18 months were assessed with the Perinatal Anxiety Screening Scale (PASS), the Edinburgh Gotland Depression Scale (EGDS), the Attachment Style Questionnaire (ASQ-SF), and the Emotion Regulation Questionnaire (ERQ). Assessment was based on self-reports. Results: Over 30% of fathers reported high levels of postnatal anxiety, and a majority reported in addition burdening depressive symptoms. The strongest unique predictor for both outcomes was attachment anxiety, also after controlling for previous paternal mental health problems, and concurrent maternal depression. Emotion regulation strategy did not predict postnatal anxiety, but cognitive reappraisal predicted depressive symptoms negatively. For both anxiety and depression, the severity of symptoms in the one condition uniquely explained variance in the other condition. Limitations: The use of self-report measures does not allow clinical diagnosis. The unavoidable selfselected bias in recruitment posits limits to generalization. Conclusion: Despite high comorbidity between the two mental health outcomes, predictors of postnatal anxiety differ from those of postnatal depression in fathers, suggesting different underlying mechanisms and a need for distinct treatment approaches.

Assessing the Mental Health of Fathers, Other Co-parents, and Partners in the Perinatal Period: Mixed Methods Evidence Synthesis

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Author Jill Domoney

Author Jane Iles

Author Florence Bristow

Author Jasmine Siew

Author Vaheshta Sethna

Volume 11

Pages 585479

Publication Frontiers in Psychiatry

Date 2020

Extra PMID: 33510656 PMCID: PMC7835428

Journal Abbr Front Psychiatry
DOI 10.3389/fpsy.2020.585479
Library Catalog PubMed

Abstract Introduction: Five to 10 percentage of fathers experience perinatal depression and 5-15% experience perinatal anxiety, with rates increasing when mothers are also experiencing perinatal mental health disorders. Perinatal mental illness in either parent contributes to adverse child and family outcomes. While there are increasing calls to assess the mental health of both parents, universal services (e.g., maternity) and specialist perinatal mental health services usually focus on the mother (i.e., the gestational parent). The aim of this review was to identify and synthesize evidence on the performance of mental health screening tools and the acceptability of mental health assessment, specifically in relation to fathers, other co-parents and partners in the perinatal period. Methods: A systematic search was conducted using electronic databases (MEDLINE, PsycINFO, Maternity, and Infant Care Database and CINAHL). Articles were eligible if they included expectant or new partners, regardless of the partner's gender or relationship status. Accuracy was determined by comparison of screening tool with diagnostic interview. Acceptability was predominantly assessed through parents' and health professionals' perspectives. Narrative synthesis was applied to all elements of the review, with thematic analysis applied to the acceptability studies. Results: Seven accuracy studies and 20 acceptability studies were included. The review identified that existing evidence focuses on resident fathers and assessing depression in universal settings. All accuracy studies assessed the Edinburgh Postnatal Depression Scale but with highly varied results. Evidence on acceptability in practice is limited to postnatal settings. Amongst both fathers and health professionals, views on assessment are mixed. Identified challenges were categorized at the individual-, practitioner- and service-level. These include: gendered perspectives on mental health; the potential to compromise support offered to mothers; practitioners' knowledge, skills, and confidence; service culture and remit; time pressures; opportunity for contact; and the need for tools, training, supervision and onward referral routes. Conclusion: There is a paucity of published evidence on assessing the mental health of fathers, comothers, step-parents and other partners in the perinatal period. Whilst practitioners need to be responsive to mental health needs, further research is needed with stakeholders in a range of practice settings, with attention to ethical and practical considerations, to inform the implementation of evidence-based assessment.

Correlates of symptoms of depression and anxiety among expectant and new fathers

Author Laura E. Sockol

Author Kelly M. Allred

URL <https://www.proquest.com/scholarly-journals/correlates-symptoms-depression-anxietyamong/docview/1898078723/se-2?accountid=47749>

Volume 19

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Publication Psychology of Men & Masculinity

Date July 2018

Loc. in Archive 1898078723; 2017-21182-001

DOI 10.1037/men0000115

Abstract Many men experience depression and anxiety during the transition to parenthood, but characteristics associated with fathers' distress are less well understood than those for mothers. Among perinatal women, both general cognitive biases and attitudes toward parenthood are associated with symptoms of depression and anxiety. The goal of this study was to assess whether these characteristics are associated with psychological distress among fathers. An Internet-based sample of expectant ($n = 145$) and new ($n = 137$) first-time fathers completed cross-sectional self-report measures of paternal attitudes, general cognitive biases, relationship quality, social support, and symptoms of depression and anxiety. General cognitive biases and relationship quality were associated with symptoms of depression and anxiety after controlling for other paternal characteristics. Although paternal attitudes were correlated with symptoms of depression and anxiety, they were not significantly associated with symptoms in overall multivariate analyses, and the relationship between paternal attitudes and anxiety differed between expectant and new fathers. These findings suggest that general cognitive biases and relationship quality are strongly associated with paternal distress. Couples-based and cognitive-behavioral interventions may be well-suited for adaptation for use in this population. (PsycINFO Database Record (c) 2019 APA, all rights reserved) (Source: journal abstract)

Archive APA PsycInfo®

Depression in fathers in the postnatal period: assessment of the Edinburgh Postnatal Depression Scale as a screening measure.

Author Olivia J H Edmondson

Author Lamprini Psychogiou**Author** Haido Vlachos**Author** Elena Netsi**Author** Paul G Ramchandani**Volume** 125**Issue** 1-3**Pages** 365-8**Publication** Journal of affective disorders**Date** 2010**Extra** Edmondson, Olivia J H. Section of Child and Adolescent Psychiatry, University of Oxford, Oxford, UK.**Journal Abbr** J Affect Disord**DOI** 10.1016/j.jad.2010.01.069

Abstract BACKGROUND: Postnatal depression commonly affects women after the birth of a child, and is associated with an increased risk of adverse outcomes for their children. A wide variety of measures have been used to screen for depression in the postnatal period but little research has investigated such measures with men. However depression can also affect men at this time, and this is associated with an independently increased risk of adverse child outcomes. The present study aimed to determine whether a reliable cut off point for the Edinburgh Postnatal Depression Scale (EPDS) can be established to screen fathers., METHOD: A sample of fathers was sent the EPDS at 7 weeks after the birth of their child. A structured clinical interview was conducted with 192 men to determine whether they were suffering from depression., RESULTS: Fathers with depression scored significantly higher on the EPDS than non-depressed fathers. A score of greater than 10 was found to be the optimal cut off point for screening for depression, with a sensitivity of 89.5% and a specificity of 78.2%., LIMITATIONS: The relatively modest participation rate means the results may not be fully generalisable to the whole population., CONCLUSION: The EPDS is shown to have reasonable sensitivity and specificity at a cut off score of over 10. The study shows that it is possible to screen fathers for depression in the postnatal period and it may be valuable to administer this measure to new fathers. Copyright 2010 Elsevier B.V. All rights reserved.

Depressive symptoms and parental stress in mothers and fathers 25 months after birth.

Author Maude Johansson**Author** Idor Svensson**Author** Ulf Stenstrom**Author** Pamela Massoudi**Volume** 21**Issue** 1**Pages** 65-73**Publication** Journal of child health care : for professionals working with children in the hospital and community**Date** 2017**Extra** Johansson, Maude. 1 Linneaus University, Department of Psychology Vaxjo, Sweden. Svensson, Idor. 2 Linneaus University, Department of Psychology Vaxjo Sweden. Stenstrom, Ulf. 3 Linneaus University, Department of Psychology Vaxjo Sweden. Massoudi, Pamela. 4 Department of Research and Development, Region Kronoberg and Department of Psychology, University of Gothenburg, Sweden.**Journal Abbr** J Child Health Care**DOI** 10.1177/1367493516679015

Abstract The aim of this study was to determine the prevalence of depressive symptoms, feelings of incompetence and spouse relationship problems and their mutual relations. Data from a Swedish parent-infant population-based cohort 25 months after childbirth was used. A questionnaire containing Edinburgh Postnatal Depression Scale (EPDS) and a modified Swedish Parental Stress Questionnaire (SPSQ) regarding depression and parental stress was answered by 646 fathers and 700 mothers. Parents with depressive symptoms experienced more feelings of incompetence and spouse relationship problems than parents without depressive symptoms. The prevalence of depressive symptoms (EPDS \geq 12) was more than 11% for mothers and nearly 5% for fathers in the sample, 25 months after childbirth. The result indicated that feelings of incompetence and spouse relationship problems could be important constructs for understanding parental stress and depressive symptoms in the parents of young children. In conclusion, it is important that Child Health Care is attentive to both mothers' and fathers' depressive symptoms and parental stress after the first year.

Depressive symptoms, parental stress, and attachment style in mothers and fathers two and a half years after childbirth: Are fathers as affected as mothers?.

Author Maude Johansson

Author Thomas Nordstrom

Author Idor Svensson

Volume 25

Issue 3

Pages 368-378

Publication Journal of child health care : for professionals working with children in the hospital and community

Date 2021

Extra Johansson, Maude. Department of Psychology, 427813Linnaeus University, Sweden. Nordstrom, Thomas. Department of Psychology, 427813Linnaeus University, Sweden. Svensson, Idor. Department of Psychology, 427813Linnaeus University, Sweden.

Journal Abbr J Child Health Care

DOI 10.1177/1367493520942050

Abstract The study aimed to determine the prevalence of depressive symptoms and whether parental stress and attachment style affected depression in mothers and fathers two and a half years after the birth of a child. The parents completed several questionnaires including the Edinburgh Postnatal Depression Scale, the Swedish Parenthood Stress Questionnaire and the Relationship Questionnaire. The prevalence rate of depressive symptoms in mothers was 14.9%, while for fathers it was 11.5%. Differences between the parents identified as depressed and those without depressive symptoms were also analysed. There were no significant differences between depressed and non-depressed parents on the secure, avoidant and fearful attachment styles. However, there was a significant difference between groups on the preoccupied subscale. The final aim was to calculate if attachment style contributed to the level of depression while accounting for the impact of parental stress. Parental stress (incompetence, social isolation and spouse relationship problems) was the best predictor for mothers' depressive symptoms, while parental stress (social isolation and health) and the preoccupied attachment style were the best predictors for such symptoms in fathers. The findings indicated that parental stress and depressive symptoms are closely related and can explain the difficulties parents face.

Does anyone ask new dads how they are feeling?

Author Peate, Ian

URL <https://www.independentnurse.co.uk/clinical-article/does-anyone-ask-new-dads-how-they-are-feeling/223989/>

Publication Independent Nurse

Date 2020

Fathers' postnatal depressive and anxiety symptoms: an exploration of links with paternal, maternal, infant and family factors.

Author Ilona Luoma

Author Kaija Puura

Author Mirjami Mantymaa

Author Reija Latva

Author Raili Salmelin

Author Tuula Tamminen

Volume 67

Issue 6

Pages 407-13

Publication Nordic journal of psychiatry

Date 2013

Extra Luoma, Ilona. Tampere University Hospital, Department of Child Psychiatry and University of Tampere, School of Medicine, Tampere, Finland.

Journal Abbr Nord J Psychiatry

DOI 10.3109/08039488.2012.752034

Abstract **BACKGROUND:** Postnatal psychological symptoms have been studied less often in fathers than in mothers. However, recent research shows that fathers' psychopathology may have long-term effects on their children's emotional and behavioural development independently of maternal psychopathology. More research is needed on factors associated with paternal symptoms at the early stage of child development., **AIMS:** The aim of the study was to examine the paternal, maternal, infant and family factors associated with the occurrence of depressive and anxiety symptoms in fathers of infants., **METHODS:** As part of a study conducted in Tampere, Finland, on infants' social withdrawal symptoms, both parents of 4-, 8- and 18-month-old infants (n = 194) completed the Edinburgh Postnatal Depression Scale (EPDS) and general information questionnaires during routine check-ups of the infants in well-baby clinics. Parental depressive and anxiety symptoms were screened using the recommended cut-off points for this purpose (5/6 for fathers and 7/8 for mothers on the EPDS). The associations between the fathers' symptoms and paternal, maternal, infant and family factors were explored., **RESULTS:** Twenty-one per cent of the fathers and 24% of the mothers scored above the cut-off points for depressive and anxiety symptoms on the EPDS. Both paternal and maternal factors predicted high paternal symptom level in regression models. Infant factors were not statistically significantly associated with paternal symptoms., **CONCLUSIONS:** Father's psychological symptoms were associated with many facets of both parents' impaired well-being. The whole family system should be considered whenever there are concerns about either parent's psychological well-being.

Fathers' Postpartum Depression and Anxiety | Psychology Today United Kingdom

URL <https://www.psychologytoday.com/gb/blog/psychiatry-the-people/202112/fathers-postpartum-depression-andanxiety>

Accessed 26/01/2022, 16:08:30

Abstract Research on a large group of fathers across two years provides critical data.

Fathers' views and experiences of their own mental health during pregnancy and the first postnatal year: a qualitative interview study of men participating in the UK Born and Bred in Yorkshire (BaBY) cohort

Author Z. Darwin

Author P. Galdas

Author S. Hinchliff

Author E. Littlewood

Author D. McMillan**Author** L. McGowan**Author** S. Gilbody**Author** on behalf of the Born and Bred in Yorkshire (BaBY) team**URL** <https://doi.org/10.1186/s12884-017-1229-4>**Volume** 17**Issue** 1**Pages** 45**Publication** BMC Pregnancy and Childbirth**Date** January 26, 2017**Journal Abbr** BMC Pregnancy and Childbirth**DOI** 10.1186/s12884-017-1229-4**Accessed** 31/01/2022, 09:56:18**Library Catalog** BioMed Central**Abstract** The prevalence of fathers' depression and anxiety in the perinatal period (i.e. from conception to 1 year after birth) is approximately 5–10%, and 5–15%, respectively; their children face increased risk of adverse emotional and behavioural outcomes, independent of maternal mental health. Critically, fathers can be protective against the development of maternal perinatal mental health problems and their effects on child outcomes. Preventing and treating paternal mental health problems and promoting paternal psychological wellbeing may therefore benefit the family as a whole. This study examined fathers' views and direct experiences of paternal perinatal mental health.

"I Wanted to Be There as a Father, but I Couldn't": A Qualitative Study of Fathers' Experiences of Postpartum Depression and Their Help-Seeking Behavior.

Author Sarah Christine Pedersen**Author** Helle Terkildsen Maindal**Author** Knud Ryom**Volume** 15**Issue** 3**Pages** 15579883211024375**Publication** American journal of men's health**Date** 2021**Extra** Pedersen, Sarah Christine. Department of Public Health, Section for Health Promotion and Population Health, Aarhus University, Denmark. Maindal, Helle Terkildsen. Department of Public Health, Section for Health Promotion and Population Health, Aarhus University, Denmark. Maindal, Helle Terkildsen. Steno Diabetes Center Copenhagen, Health Promotion, Copenhagen, Denmark. Ryom, Knud. Department of Public Health, Section for Health Promotion and Population Health, Aarhus University, Denmark.**Journal Abbr** Am j. men's health**DOI** 10.1177/15579883211024375**Abstract** Postpartum depression (PPD) is one of the most common mental health problems among new parents. Past studies have examined PPD in women; however, the condition is less understood in men. This study aimed to explore the lived experiences of men or fathers with PPD and to understand the barriers and facilitators of helpseeking among fathers with PPD. Eight fathers with PPD were interviewed and data were subsequently analyzed through interpretative phenomenological analysis. The fathers perceived fatherhood as an overwhelming experience and feelings of inadequacy and powerlessness were two of the main themes in the fathers' experiences of PPD. The feeling of inadequacy and powerlessness was related to the fathers' expectations for themselves and their role as a father. The fathers' sense of inadequacy and powerlessness sometimes turned into anger and frustrations. In addition, the fathers experienced a variety of contributing stressors around the birth of their child. Further, the analysis revealed how the fathers' help-seeking behavior was influenced by five contributing factors: recognition and perception of depressive symptoms; knowledge and beliefs about PPD; taboo, stigma and conforming to masculine norms; the fathers' partner; screening and perinatal healthcare services. Paternal PPD has a significant impact on the fathers' wellbeing and everyday lives. Findings indicate that parents-to-be may benefit from education on paternal PDD, and they highlight the importance of screening for paternal PPD and support tailored to the needs of fathers with signs of PPD.

Interventions for paternal perinatal depression: A systematic review

Author Zoë Goldstein**Author** Ben Rosen**Author** Andrew Howlett**Author** Melanie Anderson**Author** David Herman

URL <https://www.proquest.com/scholarly-journals/interventions-paternal-perinataldepression/docview/2390203245/se-2?accountid=47749>

Volume 265

Pages 505-510

Publication Journal of Affective Disorders

Date March 15, 2020

Loc. in Archive 2390203245; 2020-14701-064

DOI 10.1016/j.jad.2019.12.029

Abstract Background: The prevalence of paternal perinatal depression (PPD) is approximately 10%. Despite this epidemiology and what is known about the importance of paternal mental health to family functioning, there is limited research on evidence-based interventions for PPD. This systematic review aimed to investigate the literature for randomized-controlled trials (RCT) of interventions for PPD. Methods: This systematic review followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. Databases searched included Medline, EMBASE, EBM Reviews, PubMed, PsycInfo, and CINAHL. Search terms included depression, depressive disorder, fathers, pregnancy, and peripartum period, etc. Results: The search strategy identified 2949 items. A total of 10 interventions over the course of 25 years of research met inclusion criteria. Three of the included studies found a small but significant effect on paternal depression scores. However, none of the included studies exclusively targeted paternal mental health. Instead, they addressed paternal well-being indirectly by focusing on the mother, infant, or couple relationship. Limitations: Studies did not require fathers to meet criteria for depression at baseline. This may have resulted in a selection bias, whereby the included fathers may not have required any treatment. We were also unable to perform additional statistical analyses because of the limited research available as well as the inconsistent outcome measures. Conclusions: There remains limited research on interventions assessing paternal depressive symptomatology, and none have targeted diagnosed PPD. Because of the prevalence and impact of this disorder, it is imperative to identify and offer treatments and interventions specifically tailored towards this population. (PsycInfo Database Record (c) 2020 APA, all rights reserved) (Source: journal abstract) **Archive** APA PsycInfo®

Lifestyle factors, self-reported health and sense of coherence among fathers/partners in relation to risk for depression and anxiety in early pregnancy

Author Hafrún Finnbogadóttir

Author Eva K. Persson

URL <https://www.proquest.com/scholarly-journals/lifestyle-factors-self-reported-healthsense/docview/2160911560/se-2?accountid=47749>

Volume 33

Issue 2

Pages 436-445

Publication Scandinavian Journal of Caring Sciences

Date June 2019

Loc. in Archive 2160911560; 2018-66243-001

DOI 10.1111/scs.12641

Abstract Background: Father's health is important for mothers and unborn/newborn children and knowledge about expectant fathers' health in relation to lifestyle and psychosocial aspects is essential. Aims: To determine sociodemographic and lifestyle factors, self-reported health and sense of coherence among fathers and partners in relation to their risk for depression and anxiety in early pregnancy. Methods: A cross-sectional design, descriptive statistics, chi-squared analysis, T-test, binary logistic regression, multiple logistic regression with OR and 95% CI were used. Results: A total of 532 prospective fathers/partners constituted the cohort (mean age 31.55, SD 5.47 years). Nearly, one in ten (9.8%) had a statistically high risk for depression; mainly those who were unemployed ($p = 0.043$), had financial distress (0.001), reported 'very or fairly bad' health ($p = 0.002$), had a 'very or fairly bad' sexual satisfaction ($p = 0.006$) and scored low on the SOC scale ($p < 0.001$). They smoked more often ($p = 0.003$) were hazardous users of alcohol ($p = 0.001$) and slept with difficulties ($p = 0.001$). Those with sleeping difficulties were 5.7 times more likely to have several symptoms of depression ($p = 0.001$). Hazardous users of alcohol and smokers had 3.1 respectively 3.0 times higher risk for depression ($p = 0.001$ respectively 0.003). The single strongest risk factor was a low score on the SOC-scale which gave 10.6 (AOR 10.6; 95% CI 5.4–20.6) higher risk for depression. High-anxiety 'just now' was reported by 8.9% and 'in general' by 7.9%, and those who had sleeping difficulties reported 'very or fairly bad' health ($p < 0.001$). Conclusions: Allocating more resources and introducing more family-focused care with depression and anxiety screening in early pregnancy for both expecting parents at antenatal care should be strongly considered by actors and policymakers, as this is a step in maintaining a family's well-being. (PsycInfo Database Record (c) 2021 APA, all rights reserved) (Source: journal abstract)

Archive APA PsycInfo®

Maternal depression in association with fathers' involvement with their infants: spillover or compensation/buffering?.

Author Sherryl H Goodman

Author Cara M Lusby

Author Katina Thompson

Author D Jeffrey Newport

Author Zachary N Stowe

Volume 35

Issue 5

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Publication Infant mental health journal

Date 2014

Extra Goodman, Sherryl H. Emory University.

Journal Abbr Infant Ment Health J

DOI 10.1002/imhj.21469

Abstract Both concurrent and prospective associations between maternal depression and father involvement were tested to evaluate support for the spillover model (higher depressive symptom levels associated with lower father involvement) and the compensatory/buffering model (higher depressive symptom levels associated with higher father involvement). Participants in this longitudinal study were women at risk for perinatal depression in association with their histories of mood or anxiety disorders, their husbands/partners, and their infants at 3, 6, and 12 months of age. Maternal depressive symptoms were measured with depression rating scales at multiple times over the infants' first year. Paternal involvement was measured with a questionnaire (relative perceived responsibility) and a time diary (accessibility and engagement) inquiring about a recent weekday and a recent weekend, completed in a telephone interview, at infant ages 3, 6, and 12 months. Findings consistently supported the compensatory/buffering model for depression in the first 6 months' postpartum, along with an indication of spillover regarding maternal depressive symptoms that persist into the second half of the infants' first year. Findings are discussed in terms of implications for clinical practice and policy as well as suggestions for future research. Copyright © 2014 Michigan Association for Infant Mental Health.

Mothers' and fathers' lived experiences of postpartum depression and parental stress after childbirth: a qualitative study.

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Publication International journal of qualitative studies on health and well-being

Date 2020

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Journal Abbr Int J Qual Stud Health Well-being

DOI 10.1080/17482631.2020.1722564

Abstract Purpose: The study aims are to explore the lived experiences of mothers and fathers of postpartum depression and parental stress after childbirth. Methods: Qualitative interviews conducted, and analysed from an interpretative phenomenological analysis (IPA) perspective. Results: Both mothers and fathers described experiences of inadequacy, although fathers described external requirements, and mothers described internal requirements as the most stressful. Experiences of problems during pregnancy or a traumatic delivery contributed to postpartum depression and anxiety in mothers and affected fathers' well-being. Thus, identifying postpartum depression with the Edinburgh Postnatal Depression Scale, mothers described varying experiences of child health care support. Postpartum depression seemed to affect the spouses' relationships, and both mothers and fathers experienced loneliness and spouse relationship problems. Experiences of emotional problems and troubled upbringing in the parents' family of origin may contribute to vulnerability from previous trauma and to long-term depressive symptoms for mothers. Conclusions: The findings of this study demonstrate the significant impact of postpartum depression and parental stress has in parents' everyday lives and on the spouse relationship. These results support a change from an individual parental focus to couples' transition to parenthood in child health care.

New parents' experiences of postpartum depression: a systematic review of qualitative evidence

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Author Tuovi Hakulinen

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Library Catalog journals.lww.com

Abstract Objectives: The objective of the review was to synthesize the evidence on new mothers' and fathers' experiences of postpartum depression (PPD). Introduction: Postpartum depression is a form of clinical depression that affects women and, less frequently, men, typically during the first months after childbirth. It has been estimated that 10% to 20% of women and 10% of men suffer from PPD and it may have serious consequences for mothers, fathers and their children. Therefore, this review covers the experiences of both mothers and fathers. Inclusion criteria: This qualitative review considered studies that included new mothers and fathers who had any number of children and who experienced PPD within a one-year postpartum period. The phenomenon of interest was the lived experience of new mothers and fathers with PPD. Qualitative studies including, but not limited to, phenomenology, grounded theory, ethnography, action research and feminist research were considered. Methods: The review systematically searched the following databases: MEDLINE, CINAHL, PsycINFO, Scopus and the Finnish database MEDIC. In addition, the search for unpublished articles included ProQuest Dissertations and Theses. The methodological quality of the included studies was assessed independently by two reviewers, and qualitative data were extracted from papers by two independent reviewers using a standardized data extraction tool. Qualitative research findings were pooled using the JBI methodology. Results: Thirteen papers that considered mothers' (n = 199) experiences of PPD were included in the review. A total of 98 findings were extracted and aggregated into 14 categories, and from them, four synthesized findings were developed: i) Depressed mothers feel unable to control their own lives due to low resilience; ii) The ambivalent feelings depressed mothers experience towards their babies, partners and in-laws cause distress and suffering; iii) Depressed mothers experience anger and despair if they perceive imbalances between their support needs and the support they get from healthcare providers and significant others; and iv) Depressed mothers experience hopelessness and helplessness resulting from their new-found motherhood and financial worries. Two papers that considered fathers' (n = 20) experiences of PPD were included in the review. A total of 19 findings were extracted and aggregated into six categories, and from them, two synthesized findings were developed: i) Depressed fathers experience disappointment arising from perceived imbalances between their support needs and the support they get from their partner and significant others; and ii) Depressed fathers are more imbalanced after childbirth than fathers who are not suffering from PPD, so they feel unable to control their own lives due to low resilience. Conclusions: The qualitative studies concerning new parents' experiences of PPD have focused on the mother's perspective, and studies of the father's perspective, especially of the father's own experiences of PPD, are scarce. Both mothers and fathers do not receive enough support from their significant others. In addition, mothers want more support from health professionals. Because PPD has a great influence on the well-being of mothers and fathers, as well as children, it is important to understand what parents undergo after childbirth.

Paternal coping and psychopathology during the perinatal period: A mixed studies systematic review and meta-analysis

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Journal Abbr Clinical Psychology Review

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Library Catalog ScienceDirect

Abstract How fathers cope with stress may be critical to their mental health during the perinatal period. Using a sequential explanatory design for systematic review and meta-analysis, we aimed to identify associations and causal relations between higher- and lower-order avoidant and approach coping strategies and paternal psychopathology. We searched five electronic databases and grey literature, and used random-effects models to calculate pooled effects from 11 quantitative studies. Meta-analytic results were integrated with findings from 18 qualitative studies. Fathers' avoidant coping was positively associated with global psychopathology and depression. Approach-oriented coping, particularly problem-solving, was associated with positive affect but not psychopathology. Qualitative findings indicate distressed fathers employ avoidant coping strategies such as suppression, distraction, and social withdrawal. Approach-oriented coping strategies such as problem-solving and cognitive reappraisals appeared to be constructive components of men's coping repertoires supporting adaptation to fatherhood. Different coping strategies and approaches may reflect enactment of constrictive, moderate, or reinterpreted masculine norms. Study designs did not allow conclusions about causal relations between coping and psychopathology. Screening for, and targeting of, high avoidant coping among expectant and new fathers may help detect men at risk of or experiencing mental health difficulties and inform clinical response to psychopathology. Research examining whether different patterns of avoidant and approach coping are associated with psychopathology over time could inform interventions to support men's mental health and adaptation to fatherhood.

Paternal Perinatal Depression: A Narrative Review | International Journal of Mens Social and Community Health

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Paternal postnatal depression in Ireland: Prevalence and associated factors.

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Publication Midwifery

Date 2018

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Journal Abbr Midwifery

DOI 10.1016/j.midw.2017.10.009

Abstract BACKGROUND: it is well established that fatherhood has a long term positive and protective effect on men's health. However, there is also evidence that the transition to fatherhood can be complex and demanding and can lead to distress, anxiety and increased risk of depression., OBJECTIVE: this study aimed to investigate the prevalence of paternal postnatal depression, and to examine associations with a range of demographic and clinical factors., METHODS: a cross-sectional study design was used to collect primary data from 100 fathers, whose partner gave birth to an infant in the previous 12 months. Data were collected using the Edinburgh Postnatal Depression Scale., RESULTS: the prevalence of paternal postnatal depression was 12% using the Edinburgh Postnatal Depression Scale cut off score of 12 or above, when the cut off score was reduced to 9 or above the prevalence was 28%. The factors found to increase the risk of paternal postnatal depression included having an infant with sleep problems, a previous history of depression, a lack of social support, poor economic circumstances, not having paternity leave and not being married., CONCLUSION: the results add to the growing body of evidence that paternal postnatal mental health is a significant public health issue, and indicates a need for assessment and support for fathers during this life stage. Copyright © 2017 Elsevier Ltd. All rights reserved.

Postnatal depression: a survival guide for dad's

Author Acacia Family Support

URL https://maternalmentalhealthalliance.org/wp-content/uploads/pnd_-_survival_guide_for_dads.pdf

Postnatal paternal depressive symptoms associated with fathers' subsequent parenting: findings from the Millennium Cohort Study.

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Date 2015

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Journal Abbr Br J Psychiatry

DOI 10.1192/bjp.bp.114.148379

Abstract Impaired parenting may lie on the causal pathway between paternal depression and children's outcomes. We use the first four surveys of the Millennium Cohort Study to investigate the association between paternal depressive symptoms and fathers' parenting (negative, positive and involvement). Findings suggest that postnatal paternal depressive symptoms are associated with fathers' negative parenting. This has implications for the design of intervention programmes for parents with depression and young children. Copyright © The Royal College of Psychiatrists 2015.

Postpartum Depression in Men

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Abstract Postpartum depression (PPD) is often defined as an episode of major depressive disorder (MDD) occurring soon after the birth of a child. It is frequently reported in mothers but can also occur in fathers. There are no established criteria for PPD in men, although it could present over the course of a year, with symptoms of irritability restricted emotions, and depression. Risk factors include a history of depression in either parent, poverty, and hormonal changes. It might be associated with anxiety disorders and can adversely affect the father, family unit, and developing child. Treatment includes psychotherapy and pharmacotherapy. Clinicians are encouraged to screen for depression in men during the first year postpartum and to offer treatment or treatment referral if depression is present.

Preconception prediction of expectant fathers' mental health: 20-year cohort study from adolescence

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URL <https://www.cambridge.org/core/journals/bjpsych-open/article/preconception-prediction-of-expectant-fathers-mental-health-20year-cohort-study-from-adolescence/BEF9A2283D1195A5ABBB8B563C0AC912>

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Publication BJPsych Open

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DOI 10.1192/bjo.2017.10

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Library Catalog Cambridge Core

Abstract We examined prospective associations between men's common mental disorders in the decades prior to offspring conception and subsequent paternal antenatal mental health problems. Data came from a prospective intergenerational cohort study which assessed common mental disorder nine times from age 14 to 29 years, and in the third trimester of subsequent pregnancies to age 35 years (N = 295 pregnancies to 214 men). Men with histories of adolescent and young adult common mental disorders were over four times more likely to experience antenatal mental health problems. Future research identifying modifiable perinatal factors that counteract preconception risk would provide further targets for intervention. Declaration of interest None.

Risk factors for paternal perinatal depression and anxiety: A systematic review and meta-analysis

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URL <https://www.proquest.com/scholarly-journals/risk-factors-paternal-perinataldepression/docview/2365434055/se-2?accountid=47749>

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DOI 10.1037/men0000259

Abstract This article aims to identify the risk factors associated with paternal perinatal depression and anxiety. Studies published between January 1950 and December 2017 that report paternal depression and anxiety in the perinatal period were obtained from 5 different databases. In total, 84 studies were included in the systematic review, and 31,310 participants from 45 studies were included in the final meta-analysis. Risk factors obtained were classified based on the frequency of distribution of factors. Maternal depression is an important risk factor for fathers in the postnatal period (odds ratio [OR] = 3.34, 95% confidence interval [CI; 2.51, 4.46]). Marital distress was also linked to a twofold increase in the likelihood of paternal depression in the postnatal period (OR = 2.16, 95% CI [1.47, 3.19]). Parenting stress as a risk factor was strongly and significantly associated with paternal anxiety in perinatal period (OR = 14.38, 95% CI [7.39, 27.97]). The findings suggest that maternal depression, marital distress, and parental stress are important risk factors for fathers' mental health in the perinatal period. The current meta-analysis also identifies gender role stress, domestic violence, and mismatched expectancies from pregnancy and childbirth as the risk factors that are unique to fathers only in the perinatal period. Future intervention programs should screen and target fathers with no previous children, or a depressed partner, and aim to enhance relationship satisfaction. (PsycInfo Database Record (c) 2020 APA, all rights reserved) (Source: journal abstract) Impact statementPublic Significance Statement—Like women, men also show signs and symptoms of depression and anxiety in the perinatal period. Meta-analysis revealed that partner's depression, marital distress, and parenting stress are significant risk factors to fathers' mental health in perinatal period. Counteracting these risk factors may reduce the risk of depression and anxiety in fathers in the perinatal period. (PsycInfo Database Record (c) 2020 APA, all rights reserved)

Archive APA PsycInfo®

Screening fathers for postpartum depression can be cost-effective: An example from Sweden.

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Journal Abbr J Affect Disord

DOI 10.1016/j.jad.2018.07.044

Abstract BACKGROUND:

Postpartum depression negatively affects the whole family and its prevalence in Sweden ranges between 6-10% for fathers and 13-16% for mothers. However, only mothers in Sweden are currently routinely screened., AIM: The aim of this study was to determine if a postpartum depression screening for fathers in Stockholm County could be cost-effective., METHODS:

National Swedish databases were used to find registry data and a literature review was undertaken to identify the model data inputs associated with postpartum depression in Sweden. The generated evidence was used to build a Markov model in TreeAge. Oneway and probabilistic sensitivity analyses were performed to account for parameter uncertainties. Alternative scenario analyses were further undertaken to test the assumptions in the base case analysis.,

RESULTS: A postpartum screening for depression in fathers is cost-effective in base case and alternative scenarios. The results indicate that the screening program is associated with lower costs and higher health effects. The results were sensitive to variables of quality adjusted life years for the depressed fathers, probabilities of remission in treatment and no treatment groups and start

age and productivity losses. The probabilistic sensitivity analysis resulted in a 70% probability of the postnatal depression screening intervention being cost-effective.,
LIMITATIONS: The current study only uses secondary data; therefore future research should assess the costeffectiveness of screening fathers for depression.,
CONCLUSION: The postpartum screening intervention for fathers could be cost-effective compared to no screening. Future research should replicate the potential costeffectiveness for screening fathers for postpartum depression.
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Self- screening using the Edinburgh post natal depression scale for mothers and fathers to initiate early help seeking behaviours.

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Journal Abbr Arch Psychiatr Nurs

DOI 10.1016/j.apnu.2019.05.007

Abstract The forthcoming birth of a new baby and the life changes that occur can present parents with a range of challenges. While recognised in mothers, postnatal depression is not well researched in fathers; especially considering that up to 25% of men report experiencing depression in the ante and postnatal periods. The aim of this study was to test a self-screening tool and referral pathway pamphlet for expectant women and their partners. We used a single blinded randomised controlled study design. The sample, comprised 70 dyads, was randomised to either care as usual or to the self-screening tool and referral pathway pamphlet intervention. The self-screening tool included the Edinburgh Postnatal Depression Scale (EPDS). Other questionnaires used to survey the dyads were the Kessler Psychological Distress (Kessler-10) and the Maternity Social Support Scale (MSSS). The gender differences in the EPDS, Kessler-10 and MSSS scales are represented by differences of 1.0 points on EPDS, 1.0 points on Kessler-10, fathers were reporting less psychological distress than mothers in all cases. No difference was observed in perceived social support. The attrition between time-points was mostly men. Cultural and socio-demographic factors may affect generalisability of the findings. The self-screening tool and referral pathway pamphlet provided to dyads may have some benefit in assisting couples in the perinatal period to detect and seek help for early symptoms of distress. Copyright © 2019 Elsevier Inc. All rights reserved.

Should men be screened and treated for postnatal depression?

Author Irwin Nazareth

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Journal Abbr Expert rev. neurotherapeutics

DOI 10.1586/ern.10.183

The prevalence of depressive symptoms among fathers and associated risk factors during the first seven years of their child's life: findings from the Millennium Cohort Study.

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Publication BMC public health

Date 2016

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Journal Abbr BMC Public Health

DOI 10.1186/s12889-016-3168-9

Abstract **BACKGROUND:** Increasing evidence suggests that postnatal paternal depression is associated with adverse emotional, behavioural and cognitive outcomes in children. Despite this, few studies have determined the prevalence of fathers' depressive symptoms during the first few years of their children's lives and explored what factors are related to these symptoms. We estimated the prevalence and examined associated risk factors of paternal depressive symptoms in a nationally representative sample of fathers with children aged between 9 months and 7 years old from the Millennium cohort study. The risk factors examined were maternal depressive symptoms, marital conflict, child temperament, child gender, paternal education, fathers' ethnic background,

fathers' employment status, family housing, family income and paternal age., **METHODS:** Secondary data analysis was conducted using the UK Millennium cohort study, which consisted of data from England, Scotland, Wales and Northern Ireland of families with infants born in the year 2000/2001. Data from four sweeps were used from when children in the cohort were aged 9 months, 3, 5 and 7 years old (n = 515512,396)., **RESULTS:** The prevalence of paternal depressive symptoms over time was 3.6 % at 9 months, 1.2 % at 3 years old, 1.8 % at 5 years and 2.0 % at 7 years (using Kessler cut-off points to categorise high depressive symptoms vs low depressive symptoms). Linear regression trends (using continuous measures of depressive symptoms) indicated that both paternal and maternal depressive symptoms decreased over time, suggesting similar patterns of parents' depressive symptoms after the birth of a child, but the decrease was more evident for mothers. Paternal depressive symptoms were consistently associated with fathers' unemployment, maternal depressive symptoms and marital conflict. Socioeconomic factors such as rented housing when child was 9 months and low family income when child was 5 and 7 years were also associated with higher paternal depressive symptoms., **CONCLUSIONS:** Paternal depressive symptoms decreased among fathers when their children were aged between 9 months to 3 years old. Paternal unemployment, high maternal depressive symptoms and high marital conflict were important risk factors for paternal depressive symptoms. In light of our findings, we would recommend a more family centred approach to interventions for depression in the postnatal period.

Trajectories of mothers' and fathers' depressive symptoms from pregnancy to 24 months postpartum.

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Journal Abbr J Affect Disord

DOI 10.1016/j.jad.2019.09.038

Abstract **OBJECTIVES:** This study investigated trajectories of mothers' and fathers' depressive symptoms from prenatal to 24 months postpartum. Prenatal correlates of the trajectories were also examined., **METHODS:** Mothers (N=1670) and fathers (N=1604) from the Finnish CHILD-SLEEP birth cohort, reported depressive symptoms at 32nd pregnancy week and 3, 8, and 24 months postpartum using the Center for Epidemiologic Studies Depression Scale (CES-D, 10-item). Profile analysis was used to group participants according to their longitudinal patterns of depressive symptoms. Prenatal predictors (sociodemographic, health, substance use, sleep, and stress related factors, family atmosphere) of depressive symptom trajectories as well as association between parents' trajectories were analyzed using multinomial logistic regression., **RESULTS:** For both mothers and fathers, a solution with three stable depressive symptom trajectories (low: 63.1% mothers and 74.9% fathers; moderate: 28.1% and 22.6%; high: 8.8% and 2.6%) was considered the best fitting and most informative. Insomnia, earlier depression, anxiousness, stressfulness, and poor family atmosphere predicted the moderate and high (compared to low) depressive symptom trajectories among both mothers and fathers in multivariate analyses. Mother's higher depressive symptom trajectory was significantly associated with father's higher symptom trajectory ($p < 0.001$)., **LIMITATIONS:** Number of cases in the high depressive symptom trajectory group among fathers was low., **CONCLUSIONS:** Maternal and paternal depressive symptom trajectories from prenatal period up to two years postpartum seem stable, indicating the chronic nature of perinatal depressive symptoms. Mothers' and fathers' trajectories are associated with each other and their strongest predictors are common to both. Copyright © 2019 The Authors. Published by Elsevier B.V. All rights reserved.

Using the Edinburgh Postnatal Depression Scale for women and men-some cautionary thoughts

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Author Francesca Agostini

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DOI 10.1007/s00737-016-0710-9

Library Catalog PubMed

Abstract The objective of the study was to critically consider some of the possible limitations in the Edinburgh Depression Scale (EDS), given that great emphasis is put on the results of this measure within both clinical and research fields. Using findings and discussion points from other studies, as well as from a critical analysis of issues by the authors based upon their clinical and research experience, possible limitations with the scale in nine areas are discussed. Possible limitations include the following: (1) ambiguous items, (2) exclusion of certain types of distress, (3) scoring difficulties, (4) low positive predictive value, (5) frequent use of incorrect cut-off scores, (6) a vast array of validated cut-off scores, (7) validation against a questionable gold-standard, (8) limited anxiety detection and of depressive symptoms in men, and (9) many screen positive women only have transient distress. While the EDS has unquestionably been an extremely valuable instrument in aiding in the recognition of the importance of perinatal mental health, users of the scale should be aware that it, like other measures, has limitations. We discuss possible strategies to overcome these limitations and describe a recent scale that has been developed to surmount these shortcomings more effectively.

What do dads want? Treatment preferences for paternal postpartum depression

Author Emily E. Cameron

Author Dana Hunter

Author Ivan D. Sedov

Author Lianne M. Tomfohr-Madsen

Volume 215

Pages 62-70

Publication Journal of Affective Disorders

Date 06 2017

Extra PMID: 28319693

Journal Abbr J Affect Disord

DOI 10.1016/j.jad.2017.03.031

Library Catalog PubMed

Abstract BACKGROUND: Postpartum depression (PPD) is prevalent, occurring in 8 to 13% of new fathers. Identifying effective and acceptable treatments for paternal PPD is important to prevent negative family outcomes. Participation in a patient preferred treatment for depression increases treatment adherence and effectiveness. Thus, developing and delivering interventions that are preferred by the target population is an important aspect of successful treatment. The current study investigated treatment preferences for paternal PPD. METHODS: Men (N=140) who were within the first year postpartum were recruited from low-risk maternity clinics, baby shows, and partner referrals. Participants completed a 20-minute online survey that included three expert validated treatment descriptions for depression and a series of questionnaires. RESULTS: Participants reported preferring individual and couple psychotherapy to pharmacotherapy for treatment of PPD. Men perceived both individual and couple psychotherapy as being more credible and reported more favourable personal reactions towards them when compared to pharmacotherapy. LIMITATIONS: Participants were not required to meet diagnostic criteria for depression. The majority of participants were asked to respond to a hypothetical scenario of what they would do if faced with PPD. CONCLUSIONS: These findings suggest that fathers prefer psychological interventions over pharmacotherapy for treatment of PPD. Future research should investigate efficacious treatment options for paternal PPD based on treatment preferences.

WRAP-qualitative-exploratory-study-UK-first-time fathers-experiences-mental-health-wellbeingneeds-transition-fatherhood-Bick-2019.pdf

URL <http://wrap.warwick.ac.uk/125589/7/WRAP-qualitative-exploratory-study-UK-first-time%20fathersexperiences-mental-health-wellbeing-needs-transition-fatherhood-Bick-2019.pdf>

Accessed 03/02/2022, 14:29:22

Does Adherence to Masculine Norms Shape Fathering Behavior?

Author Petts, Richard J.
URL <https://brightspotcdn.byu.edu/d5/0a/133d11aa43d7a6f99685c8abc24b/does-adherence-to-masculine-norms-shapefathering-behaviors.pdf>
Volume 80
Publication Journal of Marriage and Family
Date 2018
DOI 10.1111/jomf.12476

Leveraging the Social Role of Dad to Change Gender Stereotypes of Men

Author Bernadette Park
Author Sarah Banchevsky
URL <https://doi.org/10.1177/0146167218768794>
Volume 44
Issue 9
Publication Personality and Social Psychology Bulletin
Date September 1, 2018
Journal Abbr Pers Soc Psychol Bull
DOI 10.1177/0146167218768794
Accessed 31/01/2022, 11:57:32
Library Catalog SAGE Journals
Abstract Trait stereotypes of men tend to be more fixed and negative than those of women. The current studies test whether stereotypes of men can be shifted through leveraging their social role as fathers. Trait attributes perceived to characterize women and moms were highly redundant, but those of men and dads were less so; moreover, men were perceived more negatively than dads, women, and moms (Study 1). Perceivers for whom the social role father was made salient rated men more similarly to dads, and no less similarly to men, and rated men more positively relative to a control condition (Study 2). Finally, among men, a threat to the category men resulted in greater opposition to benevolent social policies, but not if the social role father was primed (Study 3). Discussion focuses on positive consequences of increasing the psychological connection between men and fatherhood.

Perceptions of a father's role during a couple's first pregnancy

Author Emma Greenhill
Author Rachel L. Vollmer
URL <https://www.proquest.com/scholarly-journals/perceptions-fathers-role-during-couples-first/docview/2279940212/se-2?accountid=47749>
Volume 48
Issue 1
Publication Family and Consumer Sciences Research Journal
Date September 2019
Loc. in Archive 2279940212; 2019-50376-001
DOI 10.1111/fcsr.12327
Abstract The objective of this study was to explore the first-time pregnant couples' perception of the father's role in relation to a pregnant woman's food and activity behavior during pregnancy. Eleven first-time pregnant, cohabitating couples across the United States completed a one-on-one semi-structured phone interview for the study. Couples shared similar expectations of a father's role during pregnancy. Fathers were also important in setting and achieving health behavior goals of the pregnant mother. Family and Consumer Sciences professionals might consider including fathers in programs for expecting mothers. Maintaining functional social support from an equally as motivated partner might improve health during pregnancy and after pregnancy as well. (PsycInfo Database Record (c) 2021 APA, all rights reserved) (Source: journal abstract)
Archive APA PsycInfo®

Preparation for fatherhood: A role for olfactory communication during human pregnancy?

Author C. Allen
Author K. D. Cobey
Author J. Havlíček

Author F. P. Singleton**Author** A. C. Hahn**Author** C. N. Moran**Author** S. C. Roberts**URL** <https://www.proquest.com/scholarly-journals/preparation-fatherhood-role-olfactory/docview/2232251002/se-2>**Volume** 206**Publication** Physiology & Behavior**Date** July 1, 2019**Loc. in Archive** 2232251002; 2019-27574-023**DOI** 10.1016/j.physbeh.2019.03.030

Abstract There is evidence across a range of bi-parental species that physiological changes may occur in partnered males prior to the birth of an infant. It has been hypothesised that these hormonal changes might facilitate care-giving behaviours, which could augment infant survival. The mechanism that induces these changes has not been identified, but evidence from several species suggests that odour may play a role. The current study investigated this in humans by recording testosterone and psychological measures related to infant interest and care in men (n = 91) both before and after exposure to odours from either pregnant women or non-pregnant control women. We found no evidence for an effect of odour cues of pregnancy on psychological measures including self-reported sociosexual orientation and social dominance scores, ratings of infant or adult faces, or testosterone levels. However, we found that brief exposure to post-partum odours significantly increased the reward value of infant faces. Our study is the first to show that the odour of peri-partum women may lead to upregulation of men's interest in infants. (PsycInfo Database Record (c) 2020 APA, all rights reserved) (Source: journal abstract)

Archive APA PsycInfo®

Preparation for fatherhood: A survey of men's preconception health knowledge and behaviour in England

Author Jill Shawe**Author** Dilisha Patel**Author** Mark Joy**Author** Beth Howden**Author** Geraldine Barrett**Author** Judith Stephenson**URL** <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0213897>**Volume** 14**Issue** 3**Publication** PLOS ONE**Date** 20 Mar 2019**Journal Abbr** PLOS ONE**DOI** 10.1371/journal.pone.0213897**Accessed** 03/02/2022, 13:40:48**Library Catalog** PLoS Journals

Abstract Methods A cross-sectional survey of men attending antenatal care with their partners at three London Maternity Units. We assessed level of pregnancy planning using the partner version of the London Measure of Unplanned Pregnancy (LMUP), preconception health behaviours, and whether they had sought information and health professional advice before conception. Main results We recruited 573 men (91% response rate). Mean age was 34 years, 86% were in employment or full time education and 66% had a degree. Half were overweight or obese, 16% were still smoking and 79% had consumed alcohol in the three months before conception. Of 250 men answering questions about medication, a third were taking medication with potentially adverse effects on male reproductive health, while 23% reported taking pre-pregnancy vitamins. 46.9% had looked at information about pregnancy from a variety of sources, including online, before their partner became pregnant. Assessed by the LMUP, 74% of pregnancies were planned. Male 'planners' were more likely than other men to reduce smoking, reduce alcohol consumption and to eat more healthily in preparation for pregnancy. However, 57% took no action to improve their health. Significance of the findings In a sample of relatively educated men accompanying their partners on an antenatal visit, nearly half had made at least one positive health behaviour change before pregnancy, but half were overweight or obese and a third were on medication that could impair male reproductive health. These findings, together with a high prevalence of alcohol consumption and smoking, indicate the need for greater paternal preconception health awareness and care. Innovative ways to promote positive messages about fatherhood, including medication review as part of preconception care, should be evaluated for impact on improving paternal reproductive health and pregnancy and neonatal outcomes.

Selling Swedish Fathers: On Fatherhood, Gender Equality and Swedishness in Strategic Communication by the Swedish Institute, 1968-2015

Author Klara Goedecke
Author Roger Klinth
URL <https://doi.org/10.1080/08038740.2021.1887931>
Volume 29
Issue 4
Publication NORA - Nordic Journal of Feminist and Gender Research
Date October 2, 2021
DOI 10.1080/08038740.2021.1887931
Accessed 31/01/2022, 12:11:10
Library Catalog Taylor and Francis+NEJM
Abstract Fatherhood ideals have been changing over the last decades, and Sweden has often been seen as a fore-runner when it comes to both fatherhood policies and gender equality. In this article, we investigate how discourses about engaged, Swedish fathers and various formulations of gender equality are linked to and used in the discursive production of Sweden as a nation. We use three communication campaigns launched by the Swedish Institute (a governmental organization with the task of marketing Sweden), issued between 1968 and 2015. All campaigns emphasize modernity, rationality and self-development, but the earliest represents women and men while the latter campaigns focus exclusively on fathers, giving Swedish gender equality a conflict-free, already achieved quality. While the campaigns challenge established gendered patterns, they also avoid fundamental questions of power and contribute to rendering invisible a significant gap between gender equality in theory and in practice in Swedish society.

Shared_care_and_well-being_outcomes-_Literature_review.pdf

URL

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/957538/Shared_care_and_wellbeing_outcomes-_Literature_review.pdf

Accessed 31/01/2022, 12:09:37

The “New Father” Between Ideals and Practices: New Masculinity Ideology, Gender Role Attitudes, and Fathers’ Involvement in Childcare

Author Shira Offer
Author Danny Kaplan
URL <https://academic.oup.com/socpro/article/68/4/986/6337204>
Volume 68
Issue 4
Publication Social Problems
Date 2021/10/19
Journal Abbr Soc Probl
DOI 10.1093/socpro/spab015
Accessed 31/01/2022, 11:58:04
Library Catalog academic.oup.com
Abstract Abstract. Current research demonstrates a gap between widely shared ideals of new fatherhood and men’s limited participation in childcare. Previous studies tra

The Experiences of First-Time Fathers in Perinatal Services: Present but Invisible

Author Hodgson, Suzanne et al
URL <https://www.mdpi.com/2227-9032/9/2/161>
Volume 9
Issue 161
Publication Healthcare
Date 2021
DOI <https://doi.org/10.3390/healthcare9020161>

Dad, distanced: The turbulence of new fatherhood amidst a pandemic

URL <https://archive.discover society.org/2020/06/22/dad-distanced-the-turbulence-of-new-fatherhood-amidst-a-pandemic/>

Date 2020-06-22T07:00:51+00:00

Accessed 03/02/2022, 14:40:56

Abstract Ranjana Das and Paul Hodkinson For International Fathers Mental Health Day 2020, we reflect on findings from our forthcoming book on new fathers, mental health and digital communication – and...

Blog Title Discover Society

The coronavirus pandemic: exploring expectant fathers' experiences

Author Alice Menzel

URL <https://doi.org/10.1080/14797585.2021.2002668>

Volume 0

Issue 0

Publication Journal for Cultural Research

Date December 2, 2021

DOI 10.1080/14797585.2021.2002668

Accessed 01/02/2022, 14:25:26

Library Catalog Taylor and Francis+NEJM

Abstract The Coronavirus pandemic raises significant concerns about pervasive social inequities and disparate gender relations, particularly between mothers/fathers. Indeed, the pandemic engendered a general retreat into traditional parenting roles across myriad, everyday, institutional, spaces, including workplaces, homes, and welfare/healthcare services. These effects have been especially marked for couples expecting a child. Visitor-restriction policies, implemented to curb viral-spread within healthcare settings, effectively 'barred' many expectant fathers in the UK (and elsewhere) from attending antenatal appointments, and even the birth of their child; milestone moments widely regarded as significant socio-cultural 'rites-of-passage' in fathers' transition to parenthood. Many pregnant women had to face these moments alone, sparking campaigns including #ButNotMaternity. This paper critically

examines how such institutional responses exhibit a complex ‘welfare trade-off’ effectively (re)positioning fathers as spectators, rather than participants, in pregnancy/parenthood and risk embodying a potential U-turn to recent decades’ emphasis on involved, equitable fatherhood. Drawing upon the accounts of expectant mothers/fathers in the UK reported in the popular press since March 2020 and the #ButNotMaternity campaign, it employs thematic social-media analysis to explore the emotional impacts of visitor-restrictions and the gendered, emotional governance of parenting amidst the pandemic through the exclusion of particular (fathers’) bodies within maternity care spaces.

file:///C:/Users/malcolm.cater/Documents/New dads during pandemic.htm

1/1

‘Any d*** can make a baby, but it takes a real man to be a dad’: Group work for fathers

Author Siân E. Lucas

Author Nughmana Mirza

Author Joanne Westwood

URL <https://www.proquest.com/scholarly-journals/any-d-can-make-baby-takes-real-man-bedad-group/docview/2547071880/se-2?accountid=47749>

Volume 20

Issue 3

Publication Qualitative Social Work: Research and Practice

Date May 2021

Loc. in Archive 2547071880; 2021-55259-006

DOI 10.1177/1473325020909431

Abstract This article contributes to debates about fathers in social work by examining a group work intervention for fathers in Scotland. We present findings from observations of a ‘dad’s group’ and interviews with seven fathers and staff members. Participating in the dad’s group was found to be an expanded perception and expression of masculinity and fatherhood. The group provided a platform for the men to define and challenge understandings of fatherhood in which they developed a sense of expertise and selfbelief as individuals and as fathers. We provide examples of the way that the men manoeuvre against societal barriers, in the context of disadvantage, unemployment and persistent mental health difficulties and prevailing gendered stereotypes and allow the fluid expression of manhood through engaging with non-masculine activities. In consideration of policy and practice implications, we argue that parenting support such as group work for fathers is crucial to improve parenting skills and wellbeing and positive outcomes for children. (PsycInfo Database Record (c) 2021 APA, all rights reserved) (Source: journal abstract)

Archive APA PsycInfo®

‘The appy for a happy pappy’: Expectant fatherhood and pregnancy apps

Author Gareth M. Thomas

file:///C:/Users/malcolm.cater/Documents/New dads support.htm

1/7

Author Deborah Lupton

Author Sarah Pedersen

Author this link will open in a new window Link to external site

URL <https://www.proquest.com/docview/2408275385?forcedol=true>

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Volume 27

Issue 7

Publication Journal of Gender Studies

Date Nov 2018

DOI <http://dx.doi.org/10.1080/09589236.2017.1301813>

Accessed 03/02/2022, 15:10:17

Library Catalog ProQuest

Abstract Many mobile software applications ('apps') related to pregnancy have been developed for the global market, yet little research has explored how expectant or new fathers are represented in such technologies. Drawing on a critical discourse analysis of the descriptions of pregnancy apps available in two major online stores, we identify how these media artefacts represent a problematic version of performing fatherhood. On the one hand, notions of 'intimate' fatherhood are enacted by emphasising the importance of men acquiring knowledge about pregnancy/childbirth and providing emotional and informed support to their partner as she experiences pregnancy, childbirth and new motherhood. However, many apps also condescend to expectant fathers and trivialize their role, assuming that they need entertainment, humour and encouragement to promote their involvement. We suggest that such meanings are reflected in wider social expectations, norms and paradoxes in relation to the role of men in contemporary parenthood. Further research is required to explore how men engage with apps and how apps contribute to their understandings and practices of expectant and new fatherhood. (PsycInfo Database Record (c) 2020 APA, all rights reserved) (Source: journal abstract)

DadPad | The Essential Guide for New Dads | Support Guide for New Dads

URL <https://thedadpad.co.uk/>

Accessed 31/01/2022, 10:16:52

Abstract Developed with the NHS, DadPad gives new dads and dads-to-be the knowledge and skills needed to gain confidence and give their baby the best start in life. **Website Title** DadPad

Expectant fathers classes at King's secure new funding - King's College Hospital NHS Foundation Trust

URL <https://www.kch.nhs.uk/news/media/press-releases/view/8018> **Accessed**

03/02/2022, 14:28:16

First-time fathers' experiences of professional support from child health nurses

Author Yana Hrybanova

Author Anette Ekström

Author Stina Thorstensson

URL <https://www.proquest.com/scholarly-journals/first-time-fathers-experiencesprofessional/docview/2222304783/se-2?accountid=47749>

Volume 33

Issue 4

Publication Scandinavian Journal of Caring Sciences

Date December 2019

Loc. in Archive 2222304783; 2019-25554-001

DOI 10.1111/scs.12690

Abstract Nowadays, in Sweden, fathers are expected to be active in their father role and to share caring responsibilities for their children equally with mothers. This active role of a father in a family can be challenging, especially for the first-time fathers. Child health nurses' support is an important factor for fathers to become confident caregivers. The Father Perceived Professional Support scale (FaPPS scale) can be used in nursing practice for better understanding father's needs of professional support. The aim of this study was to describe first-time fathers' experiences of the professional support received from child health nurses and to validate the instrument: 'FaPPS scale'. A qualitative design, with inductive and deductive approaches, was used in this study. Twelve first-time fathers participated in the semi-structured interviews, thereafter grading the FaPPS scale items and commenting on them. The fathers experienced nurses' support positively when nurses provided practical information and stimulated them to be involved in care of their children. In contrast, the support was experienced negatively because of nurses' lack of commitment, availability and adaptation to the fathers' individual needs. The fathers also felt inequality between the support received by fathers and by mothers. Although some fathers perceived it as negative, others considered it fair, believing that mothers needed more support. In addition, fathers expect nurses to actively offer support to them and supervise them in childcare. The fathers also needed meeting other parents, for example in parental groups. This study also indicates that FaPPS scale can be used both in research and clinical practice, though still needing further development. (PsycInfo Database Record (c) 2021 APA, all rights reserved) (Source: journal abstract)

Archive APA PsycInfo®

Formal and informal sources of paternal support in early parenthood

Author Marko Lähteenmäki

Author Sevcan Hakyemez-Paul

Author Päivi Pihlaja

URL <https://www.proquest.com/scholarly-journals/formal-informal-sources-paternalsupport-early/docview/2295573083/se-2?accountid=47749>

Volume 189

Issue 11

Publication Early Child Development and Care

Date October 2019

Loc. in Archive 2295573083; 2019-52596-005

DOI 10.1080/03004430.2017.1412956

Abstract Extra-familial support has been proven to be an important resource for families during early parenthood, but little attention has been paid to what supports should be available for fathers specifically and how fathers perceive different sources of support during early parenthood in the twenty-first century. This study examined Finnish fathers' (N = 1069) regarding the following topics: (a) the support sources perceived as primary by the fathers and (b) the association between the father's socio-economic status (SES) and his overall need for extra-familial support and (c) the association between the father's SES, family structure and the perceived level of instrumental support sources available for parenting and childcare tasks. Most of the fathers' perceptions highlight the role played by informal support sources in providing assistance for parenting and childcare. The results of binary logistic regression suggest that fathers of lower SES are more likely to have an increased need for extra-familial support. (PsycINFO Database Record (c) 2019 APA, all rights reserved) (Source: journal abstract)

Archive APA PsycInfo®

I'm a new dad or partner

URL <https://www.mindwell-leeds.org.uk/myself/how-life-experiences-can-affectus/pregnancy-and-becoming-a-parent/i-am-a-new-dad-or-partner/>

Accessed 31/01/2022, 10:02:34

Abstract Postnatal depression affects as many as 1 in every 10 women within a year of giving birth, but it can also affect dads and partners as well. Up to one in 25 new dads/partners experience depression or a problem with their emotional wellbeing after having a baby.

Many new dads or partners think that they [...]

Website Title MindWell

Making use of work–family balance entitlements: How to support fathers with combining employment and caregiving

Author Jessica Moran

Author Alison Koslowski

URL <https://www.proquest.com/scholarly-journals/making-use-work-family-balanceentitlements-how/docview/2384225347/se-2?accountid=47749>

Volume 22

Issue 1

Publication Community, Work & Family

Date January 2019

Loc. in Archive 2384225347; 2018-66556-007

DOI 10.1080/13668803.2018.1470966

Abstract Much workplace support to parents offered by employers is gender neutral in design, but fathers' usage rates are generally very low and far below that of mothers. This paper reflects on men's dual roles as fathers and employees in relation to formal and informal work policies and practices, with the aim of answering the question: How could fathers feel supported by their work environment to take a more active caregiving role in the lives of their children? We take a capabilities approach to explore models of change, which supports the assumption that many fathers are somehow not fully enabled by their organisations to use policies. Focus groups were conducted within a large public sector organisation in the UK to capture the individual and interactional experiences of fathers. Findings suggest that workplace culture, line manager relationships, the 'modelling' behaviour of peers and gendered leave practices all impact on how fathers feel about using work-family balance policies, and whether they are likely to use them. The limits of workplace support for fathers can be challenged via the consideration of some key institutional conversion factors which if addressed may better enable fathers to exercise greater agency with regard to work-family balance entitlements. (PsycInfo Database Record (c) 2020 APA, all rights reserved) (Source: journal abstract) Original language abstract Le soutien offert par les employeurs aux parents sur le lieu de travail est neutre en termes de conception, mais les taux d'utilisation des pères sont généralement très bas et très inférieurs à ceux des mères. Cet article se penche sur le double rôle des pères et des employés en matière de politiques et de pratiques de travail formel et informel, dans le but de répondre à la question suivante: Comment les pères peuvent-ils se sentir aidés dans leur milieu de travail à combiner emploi et soins? Nous adoptons une approche axée sur les capacités pour explorer des modèles de changement, ce qui appuie l'hypothèse selon laquelle de nombreux pères ne sont pas en quelque sorte complètement habilités par leurs organisations à utiliser des politiques. Des groupes de discussion ont été organisés au sein d'une grande organisation du secteur public au Royaume-Uni pour saisir les expériences individuelles et interactionnelles des pères. Les résultats suggèrent que la culture du lieu de travail, les relations hiérarchiques, le comportement de modélisation des pairs et les pratiques de congé sexospécifiques influent sur la façon dont les pères perçoivent les politiques d'équilibre travail-famille et sur leur utilisation potentielle. (PsycInfo Database Record (c) 2020 APA, all rights reserved) (Source: journal abstract) **Archive** APA PsycInfo®

New online App launched to support local dads

URL <https://birthways.nhs.uk/new-online-app-launched-to-support-local-dads/> **Date** 2020-02-26T12:57:38+00:00

Accessed 31/01/2022, 10:05:42

Abstract Signposting The Herefordshire & Worcestershire Maternity and Neonatal Services **Website**
Title BirthWays

Peer support of fathers on Reddit: Quantifying the stressors, behaviors, and drivers

Author Samantha J. Teague

Author Adrian B. R. Shatte

URL <https://www.proquest.com/scholarly-journals/peer-support-fathers-on-redditquantifying/docview/2539553644/se-2?accountid=47749>

Volume 22**Issue** 4**Publication** Psychology of Men & Masculinities**Date** October 2021**Loc. in Archive** 2539553644; 2021-55320-001**DOI** 10.1037/men0000353

Abstract This article aimed to delineate the behavioral patterns of fathers in seeking and providing peer support on the popular social media site Reddit using a sample of 2,393 users. First, fathers' support-seeking posts were characterized, finding that fathers selfdisclosed a range of individual, familial, and societal stressors, including topics sensitive to traditional male gender roles. Second, peers' comments were differentiated by support type, with differences observed in the behaviors, emotions, and language that peers use when providing advice, confirmation, and encouragement. Third, the relationship between types of fatherhood stressors and their associated peer comments was mapped. While fathers seeking support for individual stressors received fewer comments, the support provided utilized more action-oriented language. Finally, a statistical model was developed to examine the factors that drive peer support on the fatherhood forums, which are observed to influence the quality of peers' comments and peers' commenting behaviors. Combined, the findings provide a comprehensive understanding of the peer support environment for fathers on social media like Reddit, strengthening the research literature that is limited to qualitative evidence to date. The results have important implications for formal support services targeting fathers, both online and offline. (PsycInfo Database Record (c) 2021 APA, all rights reserved) (Source: journal abstract) Impact statement Public Significance Statement —Social media and other online peer support environments offer fathers opportunities to overcome barriers that typically impede men from seeking perinatal support through offline avenues. Different types of peer support are found in online environments, including peers' commenting content (encouragement, advice, and confirmation) and behaviors (responsiveness, duration, quantity, depth, and score), which were elicited by different content, behavior, emotion, and linguistic attributes within fathers' supportseeking posts. (PsycInfo Database Record (c) 2021 APA, all rights reserved) **Archive** APA PsycInfo®

Process evaluation of text-based support for fathers during the transition to fatherhood (SMS4dads): Mechanisms of impact

Author Richard Fletcher**Author** Tess Knight**Author** Jacqui A. Macdonald**Author** Jennifer StGeorge**URL** <https://www.proquest.com/scholarly-journals/process-evaluation-text-based-supportfathers/docview/2574431772/se-2?accountid=47749>**Volume** 7**Publication** BMC Psychology**Date** September 13, 2019**Loc. in Archive** 2574431772; 2019-56270-001**DOI** 10.1186/s40359-019-0338-4

Abstract Background: There is growing evidence for the value of technology-based programs to support fathers to make positive transitions across the perinatal period. However, past research has focused on program outcomes with little attention to the mechanisms of impact. Knowledge of why a program works increases potential for replication across contexts. Methods: Participants were 40 Australian fathers enrolled in the SMS4dads text-based perinatal support program (Mean age 35.11 (5.87)). From a starting point between 16 weeks gestation and 12 weeks postpartum, they were sent a maximum of 184 text messages. An inductive approach was used to analyse post-program semistructured interviews. The aim was to identify mechanisms of impact aligned to previously identified program outcomes, which were that SMS4dads: 1) is helpful/useful; 2) lessens a sense of isolation; 3) promotes the father-infant relationship; and 4) supports the father-partner relationship. Results: We identified two types of mechanisms: four were structural within the program messages and five were psychological within the participant. The structural mechanisms included: syncing information to needs; normalisation; prompts to interact; and, the provision of a safety net. The psychological mechanisms were: increase in knowledge; feelings of confidence; ability to cope; role orientation; and, the feeling of being connected. These mechanisms interacted with each other to produce the pre-identified program outcomes. Conclusions: If the current findings are generalisable then, future mobile health program design and evaluation would benefit from explicit consideration to how both program components and individual cognitive and behavioural processes combine to elicit targeted outcomes. (PsycInfo Database Record (c) 2021 APA, all rights reserved) (Source: journal abstract)

Archive APA PsycInfo®

SMS4dads: Providing information and support to new fathers through mobile phones – a pilot study

Author Richard Fletcher **Author**

Chris May

Author Frances-Kay Lambkin

Author Alan W. Gemmill

Author Warren Cann

Author Jan M. Nicholson

Author Catherine Rawlinson

Author Jeannette Milgrom

Author Nicole Highet

Author Maralyn Foureur

Author Elaine Bennett

Author Geoff Skinner

URL <https://doi.org/10.1080/18387357.2016.1245586>

Volume 15

Issue 2

Publication Advances in Mental Health

Date July 3, 2017

DOI 10.1080/18387357.2016.1245586

Accessed 01/02/2022, 16:04:27

Library Catalog Taylor and Francis+NEJM

Abstract Objective: The objective of this paper was to inform the development of a mobile phone-optimised, SMS-based, informative and interactive telephone-linked support system for new fathers. Methods: The SMS4dads intervention was designed to support fathers with helpful and encouraging text messages, links to relevant web resources, mood monitoring and connection to a crisis telephone support if needed. Forty-six participants were recruited through clinics and social media across Australia. Outcome measures evaluated uptake, user engagement and acceptability. Results: Forty men (87%) remained engaged with the SMS4dads intervention for the full six-week period. Users' feedback indicated that SMS4dads had good acceptability and that the content was helpful. An embedded tool to allow tracking of users' mood was utilised by slightly less than half of the study participants. Concerning levels of psychological distress may have been detected in several participants. Conclusion: The results provide tentative support for the use of mobile phone technology to deliver parenting and mental health information to men in the perinatal period. Participants' engagement and positive responses suggest that this technology could provide a welcome conduit for essential information and support for new fathers, and could potentially be further developed as a feasible medium for collecting information on fathers' levels of psychological distress.

The Fatherhood Institute » The UK's fatherhood think tank

URL <http://www.fatherhoodinstitute.org/>

Accessed 31/01/2022, 10:06:08