**Postpartum depression: what about the fathers?**

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### Introduction

- Perinatal period = suitable conditions to develop psychiatric disorders (Dayan, 2007; Goodman, 2004)
- Large number of scientific research about the mother or the child
- Growing interest on the father but major gap in the French speaking population
- Lack of focus on a global perception of the paternal experience

### Aims

2. **Compare** (Primiparous vs. multiparous)
3. **Correlate** (Vulnerability factors? Protective factors?)

### Method

#### Inclusion criteria:
- Male
- At least 18 years old
- Have a newborn child for 5 days maximum
- Understand and speak French fluently

#### Exclusion criteria:
- Newborn in the neonatology unit

#### Sample:
- N = 66
- Age group: 19-51 years
- 33.8% of married men
- 30 primiparous vs. 36 multiparous
- 30.8% of cesarean delivery
- Recruitment: CHU Ambroise Paré (Mons, Wallonia)

### Results

- **Social support (SSQ6)**: Compliant results
- **Coping strategies (CISS)**: 43.9% = distraction strategies
- **Self-esteem (SEI)**: 15.2% = low self-esteem
- **Anxiety (HADS)**: 36.4% = anxious
- **Depression (EPDS-10)**: 16.7% = depressive

#### Variables correlated

- Vulnerability factors:
  - Socio-professional category
  - Coping strategies focused on emotion and distraction
- Protective factors:
  - Conjugal status
  - Obstetrical factors
  - Availability of social support

#### Conclusion:

- Results are globally consistent with previous research (Figueiredo et al., 2011; Skari et al., 2002) **BUT** higher rates of anxiety and depression
- Relations between several variables
- Multidimensional phenomenon

- Need to consider the overall experience

### Discussion:

- Specificity of the postpartum period?
- Perspectives:
  - Longitudinal approach
  - Qualitative approach
  - Sample enlargement

References: