

Fathers' depression and its relationship with mothers' depression During postpartum period

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Abstract

Fathers are at risk of depression during the postpartum period. Some studies have been reported maternal depression is the key predictor of paternal postpartum depression (PPD). This study aimed to explore this association. Using a cross-sectional study design, 591 couples referring to Mazandaran primary health centers during 2 to 8 weeks postpartum were recruited (2017 year). Couples were screened for depression using Edinburgh Postnatal Depression Scale (EPDS). Data on demographic characteristics and psychosocial factors was also gathered. Paternal PPD and its relation to maternal PPD and other related factors was assessed using multiple logistic regressions. The prevalence of paternal and maternal PPD were 15.7% (93) and 31.8% (188), respectively. The regression model illustrated the increased risk of PPD in fathers whose wives experienced PPD [OR=1.15, (95%CI: 1.04-1.27)]. Also, older age [OR=1.20, (95%CI: 1.05- 1.36)], higher GHQ scores [OR=1.21, (95%CI: 1.11-1.33)] and increased recent life events [OR=1.42, (95%CI: 1.01-1.2.00)] were related to paternal PPD. A significant inverse association was found between number of children and paternal PPD [OR=0.20, (95%CI: 0.07-0.53)]. Maternal depressive symptoms and paternal well-being were strong predictors of parental PPD. During postpartum period fathers accompany their families who seek health related services. It is a great time and opportunity for health care worker to touch with new father, assess their well-being and also doing screening, managing and referring who at risk to mental health services or specialists.

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Biography

Fatemeh Abdollahi has completed his PhD from University putra Malaysia School of Medicine and Health Sciences. She is the faculty member and researcher in Mazandaran

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