

Postpartum depression: what about the fathers ?

Stéphanie CULOT * & Justine GAUGUE **

* PhD Student (stephanie.culot@umons.ac.be)

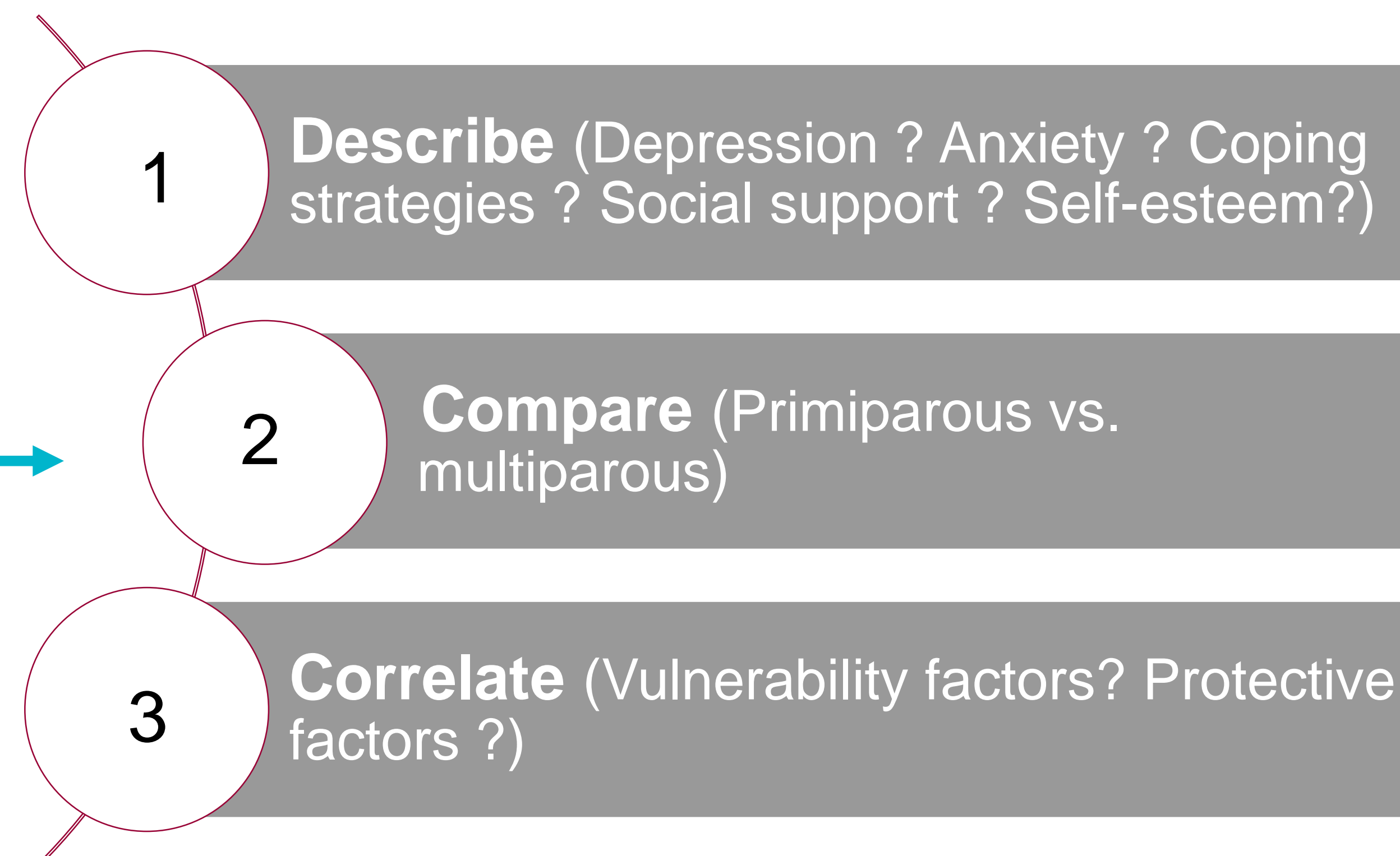
** PhD, Head of Unit (justine.gaugue@umons.ac.be)

Child and Youth Clinical Psychology Unit, Faculty of Psychology and Education, University Of Mons, Belgium

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



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

Emotional distress

Vulnerability factors:

- Socio-professional category
- Coping strategies focused on emotion and distraction

No parity effect

Protective factors:

- Conjugal status
- Obstetrical factors
- Availability of social support

Discussion:

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

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**