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Fatherhood Research Bulletin

Bulletin 27

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| | |
|--|--------------|
| NEWS from the Australian Fatherhood Research Network | 2-3 |
| Paternal Perinatal Depression Initiative (PPDI) | |
| RESOURCES ON THE WEB | 4 |
| Deadly dads | |
| Father Engagement: evidence review | |
| My Dad's My Mate | |
| CONFERENCES | 5-6 |
| And Fathers Makes Three: Family Inclusive Practice | |
| Focus on Fathers. Fatherhood in Contemporary Discourse | |
| PROGRAMS AND FATHER INCLUSIVE PRACTICE | 6-7 |
| Fathers and Children Together ("F.A.C.T.") Program for incarcerated fathers. | |
| Refining the Task of Father-Inclusive Practice | |
| RESEARCH | 8-10 |
| Evaluations of New Programs for Fathers (and for mothers about fathers) | |
| Intimate Partner Violence and Substance Abuse Program for Fathers | |
| Breastfeeding Education for Fathers | |
| Adapting a parenting programme to Islamic values for Muslim fathers | |
| A program to increase mothers' understanding of fathers | |
| Coparenting | 10-13 |
| Family Foundations: Effects on Children's Emotional, Behavioral, and School Adjustment | |
| Pathways of change in coparenting conflict after a preventive intervention | |
| Reflections about coparenting | |
| Fathers' depression during the perinatal period | |
| Screening and referral options for fathers | |
| Predicting paternal postnatal depression | |
| Adverse childhood experiences and new fathers' depression | |
| ARACY News | 14 |
| Coming Together for Australia's Children conference | |

NEWS from the Australian Fatherhood Research Network



We have begun!

After more than a year in development the activities under the banner of the PPDi are taking shape. Some projects, such as the **SMS4dads** and **Screening Fathers for Depression in Early Parenting Centres** are a direct follow-on from the PPDi proposal first developed in early 2014. Others such as the **Stayin on Track** project with young Aboriginal fathers are funded separately but overlap with the PPDi.

1. SMS4dads A smartphone-based messaging service for new fathers offering fathering information, mood assessment and support

The University of Newcastle has been granted \$300,000 by *beyondblue* to conduct a feasibility study delivering short text messages (SMS) and a 'mood tracker' application targeting new fathers.

SMS4dads will consist of SMS messages incorporating practical fathering information, mental health assessment and tailored telephone and online support. This package will be made available through parenting, hospital and workplace sites. Fathers register their mobile phone number with SMS4dads. Text messages are free and simply arrive. However texts will allow exit at any time. The aim is engage dads to convey information and to offer father-friendly 'checking-in' via text questions of mood and stress levels. Contact will be made with fathers who indicate that they may be distressed and require assistance.

In the Hunter valley of NSW the feasibility of key elements of SMS4dads will be tested, namely: recruitment of fathers antenatally and postnatally; acceptance of SMS messages (by fathers and partner); use of links provided in SMS messages; help seeking by fathers; fathers' awareness of referral and treatment pathways; and, treatment options utilised by the fathers.



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NEWS from the Australian Fatherhood Research Network

Fathers will be included if they are expecting a child or are parenting an infant up to 3 months of age, read in English and possess a mobile phone with internet capability. Screening of fathers at entry to the project (using the K6) will track and compare the progress of distressed and non-distressed fathers through the project.

National organizations, corporations and government departments along with leading academics, clinicians and researchers will be engaged to ensure the widest applicability of the results of the SMS4dads project.

2. Developing SMS messages

The University of Newcastle with Ngala and Tresillian

A small pilot study has tested 70 SMS messages designed for fathers by experts. Parents (n=100) attending Ngala and Tresillian rated the messages on clarity, appropriateness and usefulness. A small group of fathers also received messages over a 3 week period and provided feedback on their timing and relevance.

3. Screening fathers for depression

Funded by the Australian Association of Parenting and Child Health

Early Parenting Centres (EPCs) provide residential and day care services to families with infants and young children experiencing parenting and mental health difficulties. In recognition of the importance of fathers' mental health the screening and referral processes included as part of the services has been extended to include fathers. A variety of screening tools are being used to assess fathers' risk of conditions such as depression, anxiety or stress and a mixture of in-house and external referral pathways are utilised when fathers register significant mental health problems. This interview study will document the processes used to identify and refer fathers within EPCs across Australia.

4. Stayin' on Track

A partnership between the University of Newcastle and the Young and Well Research Co-operative Young Aboriginal fathers from Newcastle, Tamworth and Moree are working with a team of researchers to produce a user-designed, phone-optimised website for young Aboriginal fathers. Video stories of these young fathers will be featured on the Stayin on Track site which can be viewed on mobile phones. The project will also test a set of text messages (SMS) and Mood Tracker and Dad Tracker applications with these young fathers.



RESOURCES ON THE WEB

Deadly dads



The Deadly Dads project was funded by the Healing Foundation to facilitate healing in Urban Aboriginal Men through their relationship with their children. The program worked through two primary schools in the lower Hunter Valley of NSW and aimed to engage men in cultural activities, with their children, in the school environment. Fathers also attended culturally focused camps with their children. The program was facilitated by Aboriginal men in cooperation with the Family Action Centre, University of Newcastle. Evaluation of interview data indicates that the fathers were able to form communities of men, address some of their personal dissatisfaction with the relationships that they had with

schooling, form closer relationships with their children, and develop a stronger sense of belonging and identity through their interactions with the program.

Deadly Dads video on YouTube. <http://youtu.be/4S9EXj1Auvc>

Father engagement: evidence review

This report, published by ARACY, aims to set out the knowledge and implementation support that is mostly likely to be effective in changing practice to fully engage fathers in Family and Children services. Recent research (published ~2008-2014) linking fathers' behaviours with children's wellbeing is reviewed and barriers and facilitators to including fathers in services are identified. Effective approaches to father inclusion are described and examples of evidence-based programs targeting fathers are presented

<http://www.aracy.org.au/publications-resources/area?command=record&id=197&cid=6>

My Dad's My Mate

My Dad's My Mate is a *beyondblue* supported blog that is currently showcasing over 40 proud sons and their fathers.



"At MDMM we believe that strong and positive father/son relationships build positive outcomes for the future of both generations. We want to take the stigma out of saying "I love you dad" and "I love you son" and in doing so bring families closer together. Let's open up the dialogue to discuss life's tribulations and triumphs."

Go to <http://mydadsmydate.com.au/>

CONFERENCES

FRB comment: *This is a unique conference opportunity. While there are many conferences with one stream or session on fathers this conference is focused on including fathers into family practice with infants. AAM-HI are to be congratulated on their recognition that to call our practice 'family inclusive' we must pay attention to how fathers are engaged from birth.*



AND FATHER MAKES THREE: FAMILY INCLUSIVE PRACTICE

Themes

Family inclusive practice across single, same sex, blended, and traditional families

How are male roles included within family-inclusive practice with single fathers, gay fathers, boy-friends, stepdads and biological fathers?

Families in the 21st century

How does practice reflect changing work roles and family roles for mothers and fathers? How do we incorporate fathering into the notion of family that underpins our work? What do mothers want from fathers?

Aboriginal and Torres Strait Islander families

Many mothers, fathers, uncles and aunts

Care for babies and toddlers

Father-infant attachment, co-parenting, increasing fathers' support for mothers

Working with fathers

Recruiting fathers to perinatal services, engaging fathers alongside mothers; barriers, facilitators and boundaries.

Family violence

Long term effects on infants, protecting mother-infant relationships, healing and protection.

Go to <http://www.aaimhconference.org/>

CONFERENCES

Focus on Fathers. Fatherhood in Contemporary Discourse. 4th September 2015
Wroclaw, Poland CALL FOR PAPERS

Our conference aims at exploring the plethora of father figures present in literature, film, television series, video games, social media, media publications. We invite contributions from scholars and phd students representing all academic disciplines, including but not limited to literature studies, film studies, pop cultural studies, social studies, trauma studies, disability studies, queer studies and more.

Suggested areas of research include but are not limited to:

- Depictions of fathers/father figures in literature, film, and new media
- Fatherhood and the cultural and social norms
- Fatherhood versus motherhood; fatherhood and gender roles
- Non-biological fatherhood
- Toxic fatherhood
- Blogging and digital fathers
- Fatherhood and posthumanism
- Fatherhood in the public discourse
- Discrimination of fathers
- Masculinities and fatherhood; hegemonic masculinity versus fatherhood
- Non-normative fathers
- Absence of fatherhood
- Fatherhood in relation to centers of authority and economy
- Parenting how-to books

Abstracts, not exceeding 300 words, should be sent to focusonfathers2015@gmail.com and include name, affiliation, email address and up to 6 keywords. Abstract submission deadline is 15th July 2015

PROGRAMS AND FATHER INCLUSIVE PRACTICE

FRB Comment: Below is an edited extract from a recent blog post on the website 'In Search of Fatherhood' by Diane Aisha Sears

Fathers and Children Together ("F.A.C.T.") Program for incarcerated fathers.

A graduate of F.A.C.T. describes the program:

"There were five sessions that I had to take at Graterford which would lead up to the workshop sessions with my child. The sessions were twice a week for two hours for six weeks from 1:00 P.M. to 3:00 P.M. The first session was about the effects of a fatherless household and pretty much covered the root of the problems in our community as far as the Fathers not being there, how our children are affected, how the children's mothers are affected – our grandmothers – our uncles -- are affected – how the whole family is affected by the male not being in the household. The second session was entitled, 'Accountability and Responsibility'. The third session explored the importance of education which is a real blockbuster for our community. These sessions were giving you the necessary tools to have with you so that during the visiting room workshops when you are with your child you are not stuck – you know -- looking at your child not knowing which way to go. And the fifth and final session is called 'Love/Self Worth'.

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PROGRAMS AND FATHER INCLUSIVE PRACTICE

“After these workshops are done, the parent or guardian of the child then goes to meet with our External Team to get counseling and to learn how to become better mothers. The External Team will bring the mothers – parents or guardians – and the children, free of charge, to the prison. Week after week, the relationships begin to grow. In the visiting room, during the visiting room workshops, we have the Philadelphia Mural Arts Program which is a part of the program as well. The fathers and children sit down and learn about each other. We talk to them about their favorite subject in school and we talk to them about the importance of getting an education. By doing this, we are demonstrating accountability and responsibility. We apologize to our children for not being there in their lives because we understand the effects of a Fatherless household. All of these things were covered by the Lifers at Graterford. They actually train you on how to become a Father – a true definition of a Father – and we do exercises. The Lifers take the children off to the side and take the Fathers off to the side. They ask the children: ‘What is your favorite color?’ The children will write their favorite color on a flash card. Once we all get back together in the visiting room, the Lifers would ask the Fathers: ‘What is your child’s favorite color?’ In the one-on-one session, we would be going over our children’s favorite color. So, in the end, your child would know your favorite movie, your favorite color, your favorite vegetable, and the foods you like to eat. The Fathers would know what is going on in school, what is going on in the community, and what is bothering the child. This helps to form an unbreakable bond.”

<http://globalfatherhooddialogue.blogspot.com.au/2014/12/creating-promise-of-new-day-for-village.html>

WEBINAR: Refining the task of Father-Inclusive Practice

Event Date: 12 Mar 2015

Time: 1.30pm-2.30pm AEDT

ARACY and Child Family Community Australia are proud to host the webinar, *Refining the task of father-inclusive practice*, presented by Dr Richard Fletcher and Dr Jennifer St George.

The role of fathers in the lives of their young children has expanded steadily over recent decades. Incorporating fathers into established family-related services, however, has not been straightforward. A decade after family services came together in a national Forum on Father-inclusive Practice, we are seeing a resurgence of interest in how fathers can be included across family services and programs.

This webinar will present the evidence on "what works" to engage fathers, based on a recent review of the literature conducted for ARACY and the Australian Government. Two aspects, the place of co-parenting and the notion of "keeping fathers in mind" will be explored, and recent mental health initiatives using digital technology with fathers will be described. Participants will be invited to assess their own understanding and knowledge of father-inclusiveness.



<http://www.aracy.org.au/events/event/refining-the-task-of-father-inclusive-practice>

RESEARCH

Evaluations of new programs for fathers (and for mothers about fathers)

FRB comment: While it would be true to say that evaluation of fathering programs is generally weak these published studies of new fathering initiatives are encouraging. The US 'Fathers for Change' program described by Stover randomly allocated screened fathers to treatment or is individual counselling and assessed program effect at 3 month follow up. As well as self-report measures fathers' videotaped interactions with their children were assessed for intrusiveness. The Turkish study of breastfeeding education (Özlüses & Çelebioglu) did include a control group but the groups were allocated. Nevertheless the study provided evidence of a positive effect on breastfeeding rates and paternal attachment when fathers are included in the breastfeeding education sessions. The evaluation by Scourfield & Nasiruddin used interviews with participants and staff supplemented with observation to assess the acceptability of a parenting program specifically adapted for Muslim fathers in the UK. The novelty of the program was in foregrounding the religious basis (Islam) rather than language or ethnic group identity. The Understanding Dad course for mothers study used a pre and post test with strictly defined knowledge components such as "What causes problems in communication between a mother and father over time?" with six potential answers, including 'different communication styles', 'poor patterns of communication', 'they hate each other' and 'they come from different backgrounds'. The correct answer was "poor patterns of communication". Not surprisingly, the authors of these pilot studies have called for larger, more carefully controlled studies to provide stronger evidence. We look forward to reporting on these in future Bulletins.

Intimate partner violence and substance abuse program for fathers

The lack of focus on the role of men as fathers within intervention programs for men with histories of Intimate Partner Violence (IPV) or substance abuse is of significant concern given the large numbers of these men who are actively parenting and coparenting children. *Fathers for Change* is a new intervention designed to fill this gap. Eighteen fathers with co-occurring IPV and substance abuse were randomly assigned to Fathers for Change or Individual Drug Counseling (IDC). They were assessed at baseline, post-intervention and 3 months following the 16-week intervention period. Men in the *Fathers for Change* group: (1) were more likely to complete treatment; (2) reported significantly greater satisfaction with the program; (3) reported a trend toward less IPV; and (4) exhibited significantly less intrusiveness in coded play interactions with their children following treatment than fathers in the IDC group. Results indicate further evaluation of this intervention in a larger sample is warranted. Limitations and directions for future research are discussed.

Stover, C. S. (2015). Fathers for Change for Substance Use and Intimate Partner Violence: Initial Community Pilot. *Family process*. doi: 10.1111/famp.12136

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RESEARCH

Breastfeeding education for fathers

Objectives: To determine the effect of breastfeeding education provided to fathers on breastfeeding rates and paternal-infant attachment. **Methods:** 117 couples with their infants with the inclusion criteria: knowledge of reading, writing and speaking Turkish; living in the Turkish Republic of North Cyprus until their infants were six months old; and infants having no health problems preventing the early initiation of breastfeeding. Participants were divided into 3 groups (2 experimental and 1 control). Breastfeeding education was provided to the mothers (20 min/d) in the first group (n=38) and to the mothers and fathers in the second group (n=39) (20 min/d/parent) until they were discharged from the hospital. This education was supplemented by a training booklet. The parents and their infants were followed until the infants were six months old. Exclusive breastfeeding rates and Paternal-Infant Attachment Scale scores at six months were main outcome measures. **Results:** Exclusive breastfeeding rates (56.4%, 33.3% and 12.8%; $P<0.001$) and mean (SD) Paternal-Infant Attachment Scale scores [89.51(7.05), 82.37 (12.80) and 73.38 (18.67); $P<0.001$] were highest in the group where education was provided to both mother and father. **Conclusions:** Providing breastfeeding education to fathers increases exclusive breastfeeding rates and strengthens paternal attachment.

Özlüses, E., & Çelebioglu, A. (2014). Educating fathers to improve breastfeeding rates and paternal-infant attachment. *Indian pediatrics*, 51(8), 654-657.

Adapting a parenting programme to Islamic values for Muslim fathers

Background Amid concern about the reach and inclusivity of parenting interventions, attempts have been made to culturally adapt programmes for specific ethnic or linguistic groups. This paper describes a novel approach of the religious adaptation of a parenting programme, namely the Family Links Islamic Values course. **Methods:** A small-scale qualitative process evaluation was conducted on one Family Links Islamic Values course for Muslim fathers in the South of England in order to describe the intervention as implemented and its theory of change, as well as the acceptability of the programme to the participants. The data consisted of 13 semi-structured interviews (10 with parents and three with staff), 25 h of observation and reading of programme manuals. **Results:** A logic model is presented to describe the theoretical basis of the intervention. The programme was highly acceptable to fathers who valued the integration of religious teachings and were generally very positive about their experience of attending the course. Post-course interviews with both fathers and mothers mentioned some positive changes in fathers as a result of their attendance. **Conclusions:** It is important to be responsive to the needs of some British Muslims for religiously credible interventions. This small-scale process evaluation needs to be followed by a robust evaluation of programme outcomes for parents and children.

Scourfield, J., & Nasiruddin, Q. (2015). Religious adaptation of a parenting programme: process evaluation of the Family Links Islamic Values course for Muslim fathers. *Child: care, health and development*.

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RESEARCH

A program to increase mothers' understanding of fathers

The present study evaluated the effects of mothers' participation in an 8-week coparenting intervention program, Understanding Dad, on mothers' awareness and attitudes regarding how their relationships with fathers influence paternal involvement with children, knowledge of healthy pro-relationship skills, and relationship self-efficacy. Thirtyfour mothers were recruited from four sites to participate in a study that used a pretest/Posttest one-group design. Over the course of this 8-week program, mothers demonstrated moderate to large gains in each of the outcome measures, after controlling for mothers' educational level. Moreover, there was one significant within-subjects interaction effect for time 9 location. That is, mothers made significantly greater gains in pro-relationship knowledge in one of the intervention sites. Implications for future research are discussed.

Fagan, J., Cherson, M., Brown, C., & Vecere, E. (2015). Pilot Study of a Program to Increase Mothers' Understanding of Dads. Family process.

Coparenting

FRB comment: *There are three approaches to understanding and promoting coparenting in these abstracts. The Family Foundations program is delivered through antenatal groups to enhance couples' coparenting. In the long term follow-up conducted by Feinberg et al. the children of parents who participated in Family Foundations showed positive behaviour and improved school results 5 to 7 years after baseline. Family Foundations was the intervention, again conducted antenatally, in a separate study (Kan & Feldman) where parents were re-interviewed when the child was 3 years of age. Father-mother psychological aggression and mother-child aggression were reduced. The Supporting Father Involvement program also demonstrated an effect on coparenting conflict however this program more explicitly targets fathers within the couple and also is aimed at families with young children rather than antenatally. The review by Frascarolo illustrates a third approach, from Switzerland, which has a focus on the triadic interactions between father, mother and infant or child. All three approaches now have impressive body of evidence behind them and their publications will hopefully begin to wean services off the rigid dyadic mother-infant and father-infant mindset.*

Family Foundations: Effects on Children's Emotional, Behavioral, and School Adjustment

This study examines long-term effects of a transition to parenthood program, Family Foundations, designed to enhance child outcomes through a strategic focus on supporting the coparenting relationship. Roughly 5 to 7 years after baseline (pregnancy), parent and teacher reports of internalizing and externalizing problems and school adjustment were collected by mail for 98 children born to couples enrolled in the randomized trial.

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Coparenting

Teachers reported significantly lower levels of internalizing problems among children in the intervention group compared with children in the control group and, consistent with prior findings at age 3, lower levels of externalizing problems for boys in the intervention group. Baseline level of observed couple negative communication moderated intervention effects for parent and teacher report of child adjustment and teacher report of school adjustment and adaptation. Effect sizes ranged from 0.40 to 0.98. Results indicate that relatively brief preventive programs for couples at the transition to parenthood have the capacity to promote long-term positive benefits for children's adjustment. Although we attended to missing data issues in several ways, high levels of attrition in this long-term follow-up study is a cause for caution.

Feinberg, M. E., Jones, D. E., Roettger, M. E., Solmeyer, A., & Hostetler, M. L. (2014). Long-term follow-up of a randomized trial of family foundations: Effects on children's emotional, behavioral, and school adjustment. *Journal of Family Psychology, 28*(6), 821.

Pathways of change in coparenting conflict after a preventive intervention

This study explored pathways of change in the levels of conflict couples experienced after Supporting Father Involvement, an evidence-based, prevention-oriented couples and parenting intervention that included a diverse low-income and working class group of participants. Pathways of change were examined for couples with baseline conflict scores that were initially low, medium, and high. The growth mixture model analysis found that the best-fitting model for change in couples' conflict was represented by three distinctly different change patterns. The intervention was most successful for High-Conflict couples. This finding contributes to a growing literature examining variations in how relationships change over time and the process of change, especially for couples in distress. This study supports further investigation into the impact and costs associated with universal interventions versus those that target specific groups of higher risk families.

Epstein, K., Pruett, M. K., Cowan, P., Cowan, C., Pradhan, L., Mah, E., & Pruett, K. (2015). More than One Way to Get There: Pathways of Change in Coparenting Conflict after a Preventive Intervention. *Family process*.

Reflections About Coparenting

The aim of this paper is to share some reflections about coparenting, defined as the relationship that exists "when at least two individuals are expected by mutual agreement or societal norms to have joint responsibility for a particular child's well-being" (Van Egeren & Hawkins, 2004, p.166). Distinct from marital relations, coparenting has a specific influence on child development (McHale, 2007). High level of conflict and competition between the parents coupled with low level of warmth and cooperation predicts child's difficulties in terms of internalized and externalized troubles (Belsky, Putman & Crnic, 1996; Favez, et al., 2006, Frosch, Mangelsdorf & McHale, 2000; Stright & Neitzel, 2003).

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Coparenting

High discrepancy in parental investment during the first year is linked with high levels of anxiety at three years (McHale & Rasmussen, 1998). Inversely, cooperative and warm coparenting predicts an optimal socio-emotional adaptation (Favez, 2009; McHale, 2007). As it has been shown in the meta-analysis by Teubert & Pinquart (2010), balanced and cooperative coparenting is the most favorable coparenting for the child's development.

The reflections we share here came from observations realized in play situations in a laboratory setting during the first two years of life.

Frascarolo, F., & Favez, N. Reflections About Coparenting. World Association for Infant mental Health Fall 2014

http://www.waimh.org/files/Perspectives%20in%20IMH/2014_4/Frascaraolo_Favez_Perspectives_IMH_4_2014-2.pdf

Fathers' depression during the perinatal period

FRN comment: *There are indications that paternal perinatal depression is being taken more seriously among researchers as they probe to understand why and how fathers develop mental health problems. The integrative review carried out by Edward and colleagues discover, unsurprisingly, that fathers with a history of depression and those whose partners are depressed are the ones most likely to be identified with postnatal depression. The studies from Germany (Gawlik et al) and from Norway (Skjothaug et al) add important factors to be considered. In the German study as well as prenatal depressive scores fathers concerns about the birth and their relationship satisfaction were major predictors of postnatal distress in fathers. In Norway those fathers with elevated scores on the Adverse Childhood Experience Scale were more at risk for anxiety and depression.*

Screening and referral options for fathers

The aim of this project was to review current research regarding postnatal depression in fathers and to present potential screening and referral options. The search was limited to scholarly (peer reviewed) journals and all articles were retrieved with date limits. Initial search parameters were the following: antenatal depression OR pregnancy depression OR postnatal depression OR perinatal depression AND father* OR men OR paternal. The search yielded 311 abstracts returned. With reference to the inclusion criteria and primary and secondary outcomes intended for the focus of this review, $N = 63$ articles were retrieved and read in full by the researchers. These articles were included in the final integrative review. Depression in fathers following the birth of their child was associated with a personal history of depression and with the existence of depression in their partner during pregnancy and soon after delivery. Based on the review the authors suggest routine screening and assessment of both parents should occur across the pregnancy and postnatal period. The use of the Edinburgh Postnatal Depression Scale for screening of depression in men needs to be linked to referral guidelines for those individuals who require further investigation and care.

Edward, K. L., Castle, D., Mills, C., Davis, L., & Casey, J. (2015). An integrative review of paternal depression. *American journal of men's health*, 9(1), 26-34.

Coparenting

Predicting paternal postnatal depression

Abstract Depressive disorders have shown an increasing prevalence over the past decades. Growing evidence suggests that pregnancy and childbirth trigger depressive symptoms not only in women but likewise in men. This study estimates the prevalence of paternal perinatal depressiveness in a German community sample and explores its link to partnership satisfaction as well as birth-related concerns and concerns about the future. Data was gathered in a longitudinal study over the second and third trimester of their partner's pregnancy up to 6 weeks postpartum. In a two-stage screening procedure, 102 expectant fathers were assessed for symptoms of depression, anxiety, and partnership satisfaction using the Edinburgh Postnatal depression Scale (EPDS), the State/Trait Anxiety Inventory, a self-constructed questionnaire for birth concerns and the Questionnaire of Partnership. The prevalence of elevated depressive symptoms among expectant fathers was 9.8 % prenatally and 7.8 % postnatally. Prenatal relationship quality, prenatal EPDS scores, and birth concerns were significantly associated with and explained 47 % of the variance in paternal postnatal depressive symptoms. The prevalence of paternal depressive symptoms is a significant concern. Our findings point out the need for implementing awareness and screening for depressiveness in fathers in clinical routine in Germany as well as the necessity of developing a screening instrument for paternal birth-related anxiety

Gawlik, S., Müller, M., Hoffmann, L., Dienes, A., Wallwiener, M., Sohn, C., ... & Reck, C. (2014). Prevalence of paternal perinatal depressiveness and its link to partnership satisfaction and birth concerns. *Archives of women's mental health*, 17(1), 49-56.

Adverse childhood experiences and new fathers' depression

ABSTRACT: There is a growing knowledge of the predictors of depressive or anxious feelings during pregnancy among prospective fathers, and the present study investigates how paternal adverse childhood experiences relate to anxious and depressive feelings during pregnancy. Participants were recruited to "The Little in Norway Study (LIN-study)" (2010) at different well-baby clinics in Norway; 976 fathers consented to participate in the study, of which 881 had valid data for adverse childhood experiences. The study reports on the relationship between the Adverse Childhood Experience Scale (ACE Scale; R.F. Anda, A. Butchart, V.J. Felitti, & D.W. Brown, 2010) and depressive feelings, using the Edinburgh Postnatal Depression Scale (EPDS; M. Eberhard-Gran & K. Slinning, 2007), and pregnancy-related anxiety, using the Pregnancy-Related Anxiety Scale-Revised (PRAQ-R; A.C. Huizink, E.J. Mulder, D.M.P.G. Robles, & G.H. Visser, 2004). Data collection was comprised of five time points during pregnancy: Time 1 (T1; Weeks 8–34) and four follow-up time points; Time 2 (T2: Weeks 20–25), Time 3 (T3: Weeks 26–31), Time 4 (T4: Weeks 32–34), and Time 5 (T5: Week 36). Fathers' with higher ACE scores reported more pregnancy-related anxiety than did fathers with lower scores at all time points in pregnancy, except at T5 (36 weeks), while also reporting more depressive feelings during pregnancy. Health providers and community centers should pay more attention to fathers' mental health during pregnancy, as the whole family system needs to be considered during pregnancy to provide optimal healthcare. Adverse childhood experiences among fathers-to-be may increase depressive and anxious feelings during pregnancy

Skjothaug, T., Smith, L., Wentzel-Larsen, T., & Moe, V. (2015). Prospective fathers' adverse childhood experiences, pregnancy-related anxiety, and depression during pregnancy. *Infant mental health journal*, 36(1), 104-113.

ARACY News

Coming Together for Australia's Children conference

Event Date: 24 Jun 2015 to 26 Jun 2015

Venue: Hotel Grand Chancellor, 1 Davey Street, Hobart TAS

Call for abstracts close: 23 February 2015

Presenter notifications: 10 April 2015

In 2015, the ARACY Early Years Chapter and the Tasmanian Early Years Foundation are inviting those who advocate for the importance of early childhood to attend the first biennial Coming Together for Australia's Children conference.

Conference themes

The theme of the conference is 'creating conditions for children to flourish' and will focus on:

Research/evaluation

Research informing innovative practice that supports thriving communities and positive outcomes for children; Evaluative tools that measure the impact of programs on child, family and community outcomes, with a focus on the use of the Australian Early Development Census (AEDC).

Parental engagement

Strategies for effective family engagement in programs, including in their design and implementation.

Community building

Exploring what works and why in the development of cohesive, responsive and sustainable communities that enable families and children to flourish.

Policy

Evaluating and discussing the impact of existing policy frameworks on children and families or which inform future developments in child and family policy.

Go to <https://www.aracy.org.au/events/event/coming-together-for-australias-children-2015>

Please view in HTML. If HTML is not accessible or you are having trouble viewing the links go to

<http://www.newcastle.edu.au/research-and-innovation/centre/fac/research>

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