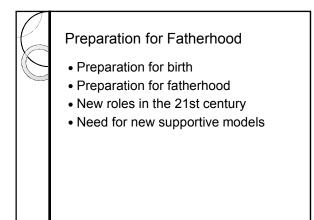
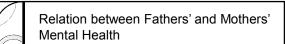


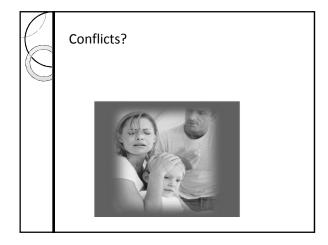
Fathers' Vulnerability

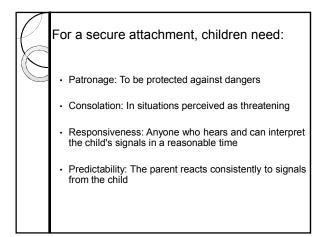
- Theory about vulnerability
- Predisposition
- Mental vulnerability

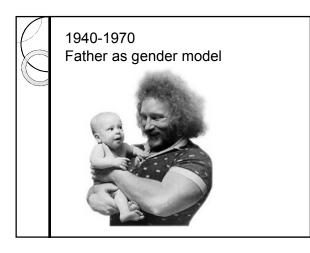


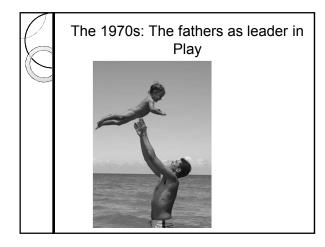


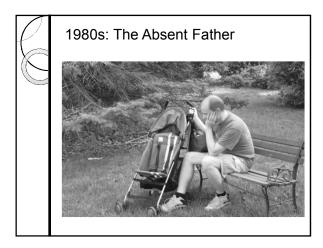
•Mothers' mental health affects fathers' •Double vulnerability increases the load on the child



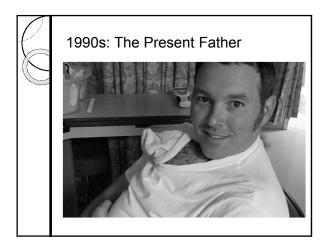






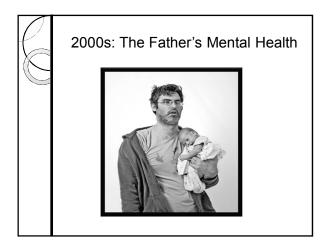
















Mental Illness in the Puerperium

• Blues

- Depressive mood / depressive symptoms
- Anxiety disorders
- Distress / adjustment problems
- Depression
- Mental illness: bipolar disorder, psychosis

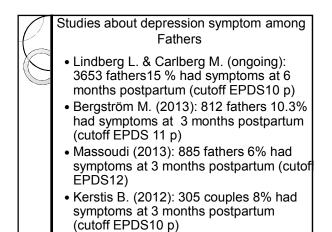
C	Common Mental Health Problems in Women and Men in the First 6 Months Postpartum				
	Adjustment criteria	Mothers	Fathers		
\leq	Depressed mood	2.3	1.2		
	Anxiety symptoms	18.6	12.2		
	Mixed anxiety/depression symptoms	2.9	0		
	Diagnosis				
	Major depression	0	0		
	Minor depression	0	0		
	Anxiety disorders	8.7	4.1		
	Major depression and anxiety	0.6	0		



Risk Factors for Depressive Symptoms among Fathers • Low education • Young age • Economic vulnerability • Lack of social support • Relationship • Migrated within 5 years • Severe life events • Negative lifestyle • Former mental disease

Screening for depression in fathers

- Edinburgh Postnatal Depression Scale (EPDS)
- Hospital Anxiety and Depression Scale (HADS)



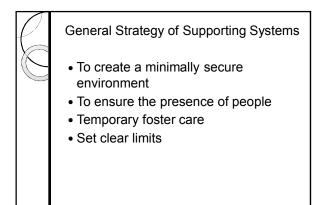


Depressive Symptoms after Birth in Expectant Fathers with Migration Background

•New experiences of paternity roles •Wrestling with adjusting to fatherhood in the new country.







Summary

According to research:

- Fathers' transition into fatherhood and fathers' role are similar to mothers' but also different
- Fathers' mental health during transition into fatherhood has been neglected; some risk factors have been identified
- Fathers' mental health during the perinatal period has impact on children's development and family harmony
- Some interventions are effective to support family during this period of crisis
- More research is needed about fathers' mental health during the perinatal period

