

PATERNAL POSTNATAL DEPRESSION IN FIRST TIME FATHERS: A GROUNDED THEORY ANALYSIS

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What is Paternal Postnatal Depression (PPND)?

- No formal definition for PPND
- Fathers experience a variety of symptoms including depressed mood, stress, anxiety and psychological distress (Pinheiro et al 2006; Matthey et al 2003; Dudley et al 2001, Soliday et al 1999)
- Symptoms of PPND may begin antenatal or postnatal
- Men are at greater risk of their depression going unrecognised and untreated

Research indicates that PND in fathers is a clinically significant phenomenon during the first postnatal year (Pinheiro et al, 2006; Matthey et al, 2003; Deater-Deckard et al, 1998)

This may be in response to a variety of issues such as:

- Lack of parenting experience
- Changes to lifestyle
- Changes to the couples relationship
- Increased financial responsibility
- Lack of support from family & friends
- Limited paternal leave

AIM

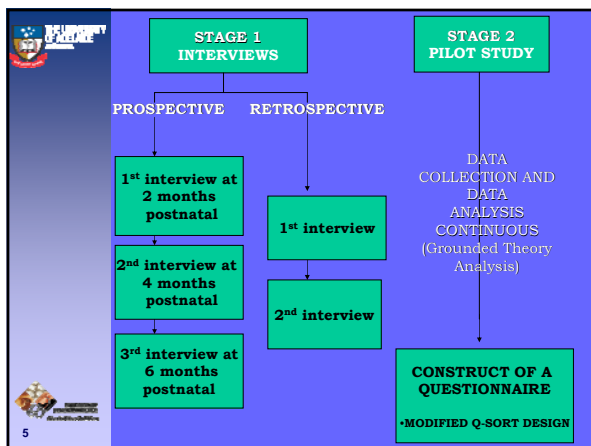
- To explore the experiences of first-time fathers with PPND in the first postnatal year

METHODOLOGY

- Constructivist Grounded Theory (Strauss & Corbin, 1987)

METHOD

- In-depth interviews
- Prospective interviews conducted at 2, 4 & 6 months postnatal
- Retrospective interviews 1 & 2



STAGE 1 Of Research Study

Socio Demographic Data for Cohort of First Time Fathers (n=23)

STATE	METROPOLITAN (n=19)	RURAL (n=4)
SA	10	2
NSW	5	1
VIC	2	0
QLD	2	0
ACT	0	1

SOCIAL

AGE 23-47 years
MARRIED 20
De FACTO 3

EMPLOYMENT STATUS – all participants employed at time of interviews

STAGE 1 Continued...
Cohort (n=23)

- Fathers experiencing symptoms of PPND
17 (73.9%)
- Fathers diagnosed and treated for PPND
6 (26%)
- Fathers diagnosed with anxiety
3 (13%)
- Fathers with a partner diagnosed with PND
2 (8.5%)
- Fathers with a partner with clinical depression
2 (8.5%)

STAGE 1 Continued...
Major concerns reported by first time fathers:

- Being unprepared
- Defining the role
- Learning to cope
- Needing support
- Need for affirmation
- Access to community resources
- Paternal leave



STAGE 1 Continued...
Fathers reported feeling:

- Guilt
- Withdrawn
- Feeling useless
- Emotionally overwhelmed
- Lack of confidence
- Mood swings
- Anger & irritability
- Sadness & wanting to cry
- Lethargy & emotional tiredness
- Anxiety &/or panic attacks
- Disassociated
- Apprehensive & stressed out

Major Themes Identified In The Data Using Grounded Theory Analysis

9 Major Categories

- Relationships
- Defining the role
- Learning to cope
- Work-Life balance
- Support structures
- Bonding with baby
- Dealing with emotions
- Experiences with PPND
- Preparing for fatherhood

STAGE 2 - PILOT STUDY (in progress)

AIM: Construct of a questionnaire to determine how first-time fathers COPE during the first 12 months postnatal

METHOD: 4 Phase using Modified Q-Sort


Phase 1 Items reduced by 50% according to Aim & wording	Phase 2 Participants (n=11) Rank Items according to relevance	Phase 3 Participants (n=6) Sort items into Categories Modified Q-Sort
Phase 4 Develop instructions & response format Pilot questionnaire with participants Item reduction using factor analysis		

Important Features Of This Research

A qualitative approach to data collection and analysis


'Difficulty coping' appears to be one of the principle catalysts for fathers experiencing symptoms of PPND

Construct of 'Coping with First Time Fatherhood Questionnaire'



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SYSTEM

**Comments
OR
Questions?**



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