



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.

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 University of Medical Sciences. She has published more than 40 papers in index journals on the maternal and child health.



Recent Publications:

1. Effect of essential oils of Artemisia. Zataria and Myrtus on Trichomonas vaginalis M Azadbakht, H Ziai, F Abdollahi, B Shabankhani Journal of medicinal plants 2 (8), 35-40, 2003
2. Physical violence against pregnant women by an intimate partner, and adverse pregnancy outcomes in Mazandaran Province, Iran F Abdollahi, FR Abhari, MA Delavar, JY Charati
3. Journal of family & community medicine 22 (1), 13, 2015 Predictors and incidence of postpartum depression: A longitudinal cohort study F Abdollahi, M Zarghami, MZ Azhar, SG Sazlina, MS Lye
4. Journal of Obstetrics and Gynaecology Research 40 (12), 2191-2200, 2014 Postnatal depression and its associated factors in women from different cultures F Abdollahi, MS Lye, AM Zain, SS Ghazali, M Zarghami
5. Iranian journal of psychiatry and behavioral sciences 5 (2), 5, 2011 Health related quality of life among the elderly living in nursing home and homes