

Paternal Postpartum Depression and Its Relationship to Maternal Depression

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Abstract : Fathers may be 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 primary health centers at 2-8 weeks postpartum (during 2017) were recruited. Couples screened for depression using Edinburgh Postnatal Depression Scale (EPDS). Data on socio-demographic characteristics and psychosocial factors was also gathered. Paternal PPD was analyzed in relation to maternal PPD and other related factors using multiple regressions. The prevalence of Paternal and maternal postpartum depression was 15.7% (93) and 31.8% (188), respectively. The regression model showed that there was increased risk of PPD in fathers whose wives experienced PPD [OR=1.15, (95%CI: 1.04-1.27)], who had a lower state of general health [OR=1.21, (95%CI: 1.11-1.33)], who experienced increased number of life events [OR=1.42, (95%CI: 1.01-1.2.00)], and who were at older age [OR=1.20, (95%CI: 1.05- 1.36)]. Also, there was a decreased risk of depression in fathers with more children compared with those with fewer children [OR=0.20, (95%CI: 0.07-0.53)]. Maternal PPD and psychosocial risk factors were the strong predictors of parental PPD. Being grown up in a family with two depressed parents are an important issue for children and needs further research and attention.

Keywords : Father, Mother, Postpartum depression, Risk factors

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