

# PACIFIC POST PARTUM SUPPORT SOCIETY



[www.postpartum.org](http://www.postpartum.org)

support line (604) 255-7999 or toll-free (855) 255-7999

## Fathers and Postpartum Depression: “Sad Dads”

### Sad Dads?

When you hear the term “postpartum depression” you usually think of women – new moms. But postpartum depression can affect men too.

New studies show that about one in ten fathers have depression after the birth of a baby. The most likely time is between 3 and 6 months after the birth. As with women, depression can begin during their partner’s pregnancy.

### Why dads can get depressed

When a woman has postpartum depression (PPD), her partner can feel fear, confusion and a sense of helplessness. In fact, maternal and paternal PPD often happen at the same time. A dad is more at risk for depression when his partner is depressed. One quarter to one half of men whose partners have PPD also have paternal PPD. However, men can get PPD even if their partners are not depressed.

Many of the factors that lead to depression in new or soon-to-be mothers also contribute to depression in new or soon-to-be fathers:

- previous history of depression
- family history of depression
- worries about being a parent
- money problems
- lack of social/emotional support
- stress in a relationship
- stressful birth experience
- lack of sleep after the baby is born

There are other factors that seem to play more of a role for men:

- changing roles and responsibilities in the family
- feeling left out when the attention from friends and family is on the mom and new baby
- missing previous relationship with partner before baby
- missing sexual relationship
- feeling overwhelmed with work pressures, expectations to provide financially for the family and being at home to participate in baby care.

## Signs & Symptoms

Men have some of the same symptoms as women. Common symptoms include:

- depressed, sad mood
- loss of interest or pleasure
- significant weight loss or gain
- trouble sleeping or over-sleeping
- fatigue, loss of energy or tired all the time
- restless feelings and inability to sit still or slow down

Other symptoms that are unique to men include:

- increased conflict and anger in relationships
- increased use of alcohol or other drugs
- increased physical symptoms such as headaches, digestive problems and pain
- general anxiety and / or panic attacks
- impaired concentration and difficulty making decisions
- worthless or guilty feelings about parenting ability
- recurrent thoughts of death or suicide
- problems with concentration and motivation
- less productive at school, work or in the home
- frustration or irritability

## Getting Help

The first step in getting help is talking to your healthcare provider. The signs and symptoms of depression, such as trouble sleeping, feeling irritable and being tired can sometimes be mistaken for normal adjustment to fatherhood. You may want to complete the Edinburgh Postnatal Depression Scale, a simple mood screening tool, and take it with you when you go to your appointment.

There are a number of different approaches for treating depression: counseling, medication, support groups, self care, etc. Talk to your healthcare provider about the best options for you.

## Resources

If you are aware of the above symptoms in yourself, your partner or a family member or have further questions, please contact:

- A family doctor, nurse practitioner or psychiatrist
- A Public Health Nurse
- A Registered Psychologist: 1-800-730-0522
- A Registered Clinical counselor: 1-800-909-6303
- Pacific Post Partum Support Society (telephone support and partner information sessions): 604-255-7999 or [www.postpartum.org](http://www.postpartum.org)

Web Resources      [www.newdadmanual.ca](http://www.newdadmanual.ca)      [www.postpartummen.com](http://www.postpartummen.com)      [www.postpartumdads.org](http://www.postpartumdads.org)

Our mission is to end the isolation and distress experienced by many women and their families with the profound life change that accompanies the birth or adoption of a child.