

Influences of maternal postpartum depression on fathers and on father-infant inte...

[Sociology](#)



Number Due The Impacts of Maternal Postpartum Depression on Fathers and Father-infant Interaction

Maternal postpartum depression also known as PPD is a clinical depression, which occurs mostly after child birth. Women usually are the ones who experience this postnatal depression. However, recent research reveals that men are also affected indirectly. It is also reported that the rate of men affected is estimated to be 1. 2% to 25. 5%, who are believed to be new fathers. The symptoms that are accustomed to this condition are fatigue, sadness, changes in eating and sleeping patterns, crying, reduced libido, irritability and anxiety (Goodman, 5). These symptoms take place between the 4th and 6th month after childbirth. Although the cause of this condition has not been established, individuals recover quickly with the help of counseling and support. This paper will establish some of the facts that have been noted about PDP in men and measures that have been taken to curb it.

Majority of patients with this condition are women, and it is for this reason less consideration has been given to men. The meta-analysis recently carried out by Sharnail Bazemore and James Paulson from the Virginia Medical School, established that there was a change in moods and behavior among fathers while in the first trimester and at the beginning of postpartum adjustments. In the research, which used system theory, it was discovered that the rate of depression in men interviewed during the antenatal period was at 10%. This increases to 25% during the postpartum period that is in the 3rd and 6th month. However, it was difficult for the research to be implicated at first since the paternal depression coincided

with the maternal depression. The finding is beneficial as it allows consideration to be taken concerning these modal changes in men during the paternal period before they interfere with the parent-infant contact. This is because this wary moody condition accustomed with behavioral, emotional and development will affect the parent-infant contact and bonding (Arya).

Moreover, PPD has been discovered to be the main contributor of weight gain in most new fathers. A system theory research by Dr. Paul G. Ramchandani from the University of Oxford in England discovered that men had depressive symptoms from the 8th week of the birth of their first child. Through a case study, one of his male patients admitted that he had stress after the birth of his child. However, after being heavily stressed up, he admitted that it was difficult to balance between his newborn child and his new job. This is one of the conditions, which new parents go through without knowing. Dr. Ramchandani explains that it was difficult for the men to balance their friendship, work and family during postpartum adjustments. It was difficult to accept the new responsibility especially if they are newlyweds (Ajslev, Camilla and Katja).

In summary, the paper has outlined some of issues laid down by Janice Goodman in relation to the negative effects associated with maternal postpartum depression in parent-infant relationship (Goodman, 11). The research puts it that during this period the men suffer from parenting stress, marital satisfaction and depression. On the other hand, the interaction between the parents and the infants are usually minimal. It is also

indicated that there should be an understanding among fathers on the importance of their interaction between them and the infants for a strong bonding in the future.

Works cited

Arya, Sharma. Prenatal and Postpartum Depression in Dads. 2010.

Electronic. Goodman, Janice. Influences of maternal postpartum depression on fathers and on father-infant interaction. *The Infant Mental Health Journal*. 2008. Print

Ajslev Teresa, Camilla Andersen, and Katja Ingstrup, Maternal Postpartum Distress and Childhood Overweight. *PLoS ONE* 5(6): e11136. doi: 10.1371/journal.pone.0011136. 2010. Print.