



# UK Fathers' help-seeking for Paternal PND

Dr. Caroline Davenport, University of Hull. UK.

## FATHERS SUFFER

They experience similar prevalences of postnatal depression (PND) as women. Screening and support is urgently needed worldwide.

## THIS UK BASED STUDY

Interviewed 8 UK fathers about their experiences of help-seeking for paternal PND. Data were analyzed using IPA. Fathers felt:

## DISAPPOINTMENT

At a medicalized response to help-seeking from their family doctor. Antidepressant medication was highly unpopular. Instead, fathers needed:

## A SAFE SPACE TO TALK

Away from the partner, and without a short time limit, in a private space where they won't be overheard. Fathers delayed help-seeking, impacting on:

## THEIR RELATIONSHIPS

Partners could see men were struggling, encouraged them to seek help, and even threatened to leave if they would not do so since they couldn't function as fathers.

## REFERENCE

Davenport C, Swami V (2023) Exploring fathers' experiences of seeking support for postnatal depression. Primary Health Care. doi:10.7748/phc.2023.e1810. Image from Microsoft Stock images.