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[Dads Also Suffer from Postpartum Blues](#)

14% of the new mothers and 10% of the new fathers suffer from postpartum depression; in dads, it is manifested as emotional and sexual frustration which can eventually cause the family to fall apart

Until now, only mothers were thought to suffer from the so called postpartum blues or depression, while fathers were left aside. But a recent research showed that new dads should also be taken into account when talking about the depression period that occurs immediately after the baby is born. Scientists at the Eastern Virginia Medical School Center for Pediatric Research investigated the cases of more than 5,000 members of two parent families - therefore, the mom and the dad. Results showed that about 14% of the new mothers suffer from postpartum depression. But the big surprise came with the discovery that 10% of the fathers suffer from the post-birth blues, too. Study leader James F. Paulson, assistant Professor of Pediatrics and Psychology and Behavioral Sciences at the above mentioned medical school stated: "There have been a few small studies in the last two years showing this, but nothing has been known on a national basis. What we found in this study is that basic day-to-day interactions were impaired in fathers, just as they were in mothers. Also, basic activities were impaired." Experts involved in the study warned that, most of the times, doctors overlook postpartum depression symptoms in both parents, but especially in the new fathers. This should be more closely investigated, as postpartum depression may have unwanted, negative consequences upon the parents and all the family. "Pediatricians, in general, may be in the best position to catch depression, but they don't often do it," study leader pointed out. Dr. William Coleman, professor of Pediatrics at the University of North Carolina and Chairman of the American Academy of Pediatrics committee sustained the idea of the study and also explained that psychologically untreated postpartum depression in dads may have serious consequences, causing the family to fall apart and the parents to separate. "Physicians do a very poor job asking about or detecting postpartum blues in the mother, and they may not even see the father. They might detect the mother's feelings, but may not even ask the father". Therefore, "fathers can experience frustration, sexual and emotional, if they forget to remember that the wife is not interested in sex at that time. If the wife is very motherly and maternal, he might feel kind of useless, on the periphery." Dads will tend "to work longer, to watch sports more, to drink more and be solitary." Dr. Coleman concluded: "Based on what we know of mothers' postpartum depression, it is associated with health problems later on, not only emotional problems and difficulties adjusting to school but also basic health problems."