

## **Men and Postpartum Depression Summary**

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Paternal depression is a big issue in the United States especially for men who have wives suffering from postpartum depression. These men can experience fear, confusion, anger, helplessness, and lack of support. This can even affect the child leading to issues like less infant bonding and conduct disorder. Postpartum depression can affect the whole family, so it is important for nurses to adequately treat the whole family. Men also need to have good support during this time to lessen the likelihood of them turning to violence or alcohol to cope. These men have a 24%-50% chance of having paternal depression so it is important for nurses to address and understand.

Men studied for this show a hard time providing adequate support for their struggling wives. They try to juggle trying to help their wife emotionally, provide for their family, and adjust to taking care of the kid. This can be exhausting and take a lot out of them. They also struggle with trying to not make things worse which could lead to them choosing negative coping strategies like aggression and drinking. Some of the men even mirrored some of their wives' symptoms like losing weight or depression. Another thing that affected them was feeling isolated because they felt like they could not seek help since they had to stay strong for the family. Lastly, the men felt like they had to help other men that may go through the same thing.

It can take a lot out of you when you are in a transition like a new birth especially when your wife has postpartum depression. A lot of men go through the same thing and may suffer from depression because of it so we must address their needs. We must continue to research and learn more about this issue because it does have negative effects on families. For nurses to be able to adequately prepare a family for their new lives they need to know things like paternal

depression. With more information and support these families may be able to get the help they need. If we educated more people about this issue, they may be able to help others with similar experiences so that we can allow adequate social support. These families deserve the best help that nurses can provide.