Ierardi, J. A., Fantasia, H. C., Mawn, B., & Watson Driscoll, J. (2019). The Experience of Men Whose Partners Have Postpartum Depression. *Journal of the American Psychiatric Nurses Association*, *25*(6), 434–444. https://doi.org/10.1177/1078390319849102

1. For men whose partners experience postpartum depression (PPD), the incidence of depression is higher, and ranges from _____.

A. 10-20%

B. 30-60%

C. 24-50%

D. 5-10%

2. The most commonly used tool for screening for PPD in women which has also been validated for use in men is:

A. Edinburgh Postnatal Depression Scale (EPDS)

B. Beck Depression Inventory (BDI)

C. Hamilton Rating Scale for Depression (HAM-D)

D. Montgomery-Asberg Depression Rating Scale (MADRS)

3. Researchers have noted that some of the behaviors that men may exhibit when living with a partner who has PPD may include which of the following?

A. Drinking, gambling and socializing

B. Exercising, overeating and lying

C. Avoidance, drinking and exhibiting violence

D. Catastrophizing, complaining and sleeping

4. Which of the following themes was not identified by the researcher from interviews conducted with the men in the study?

A. Maintaining stability

B. Providing support

C. Isolation

D. Feeling prepared

5. The theme of “Mutuality” or “Mirroring Each Other’s Symptoms" described which of the following?

A. Feeling isolated from family and friends

B. Generalized feelings of sadness

C. Wanting to help other men

D. Stress and exhaustion

6. According to the researchers of this study, healthcare providers should continue to investigate the link between postpartum depression in women and the correlational relationship to depression in men.

A. True

B. False

SUMMARY

During a mother's postpartum depression, there is this overwhelming feeling of sadness and guilt, but during that time the father's depression can be affected by it as well. It can include "feelings of fear, confusion, frustration, anger, helplessness, and lack of support." There was a study conducted to see how much a mother PPD affects the father's mental health as well. The conclusion to the study is that PPD can have a huge impact on the entire family wellbeing, especially the fathers.

The data that was collected for the study was from the father's experience with their spouse/fiancé having PPD. It was completely voluntary, and the researcher's questioned men who is in a active relationship with their wife or fiancé. The men stated that during the time of their significant others PPD, they were just trying to "keep the top spinning" or they found themselves "walking on eggshells" because they didn't want to cause anymore problems. Other men even said that they were starting to feel depressed as well and was in a dark place where they isolated themselves. What was identified was 5 "overarching themes": providing support, maintaining stability, mutuality, isolation, and insights.

"The themes generated from the men's experiences reveal emotions and concerns that have not been fully explored. Health care providers can utilize the insights from this study when providing care to families during pregnancy and the postpartum period." A lot of people are unaware of the paternal depression episodes that takes place around the PPD period. Screenings, home visitations programs, and supportive groups are a need to help these men out. Educating the women is one of the ways to bring awareness to this. Adequate support just don't stop with the mom; it starts with all members of the family.