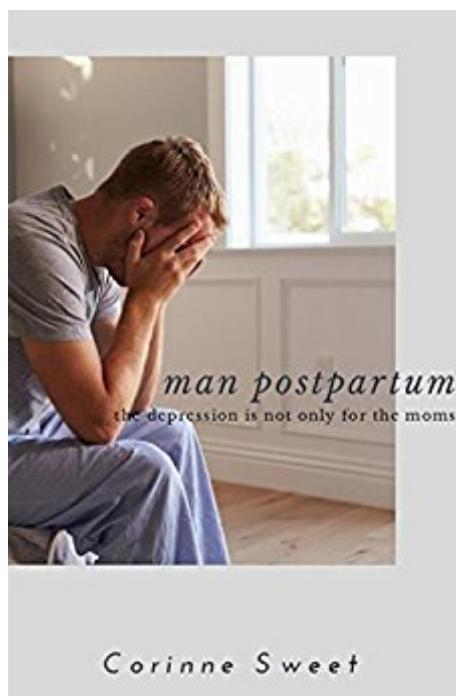


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# Man Postpartum, The Depression Is Not Only For Them



## **Synopsis**

The More "FIT" You Need to be: Depression during Pregnancy and Postpartum also Affect Men

Maternal anxiety and depression are so frequent that they affect one in four women, but men are also not safe from the emotional turmoil that occurs during pregnancy and especially with the baby's arrival. One study points out that there are men who experience depression during the pregnancy of their partners and after childbirth. Specifically, according to research conducted at the University of Auckland (New Zealand), about 6% of parents had elevated symptoms of depression at some point in their partner's pregnancy or during the nine months after childbirth. Perhaps some of the parents who read us feel identified, and probably also see them reflected in the mothers. When the father or mother is emotionally weak, when one of the members of the couple feels alone in the face of the new situation, when one of the two is not at one hundred percent, difficulties and fears can be aggravated. Which is more worrisome if we consider that depression is not easy to diagnose, neither in them nor them. In the study, published in the journal "JAMA Psychiatry," data were taken of almost 4,000 men and emphasized that couples have to be aware that any of them may be depressed and, in that case, you can not miss the symptoms and have to seek help. Especially if a man has previously suffered depression, if he has poor health or stress, pregnancy or a child may increase the risk of suffering from it. Data from interviews conducted indicated that 2.3% of parents had elevated symptoms of depression while their partners were pregnant.

## **Book Information**

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