

Healthy dads?

The challenge of being a ^{new} father

Research commissioned by *beyondblue* and proudly funded with donations from The Movember Foundation

How was the research carried out



Knowledge audit
Literature review
8 expert interviews



16 discussion groups
5 in-depth interviews
Online forum with
23 new dads



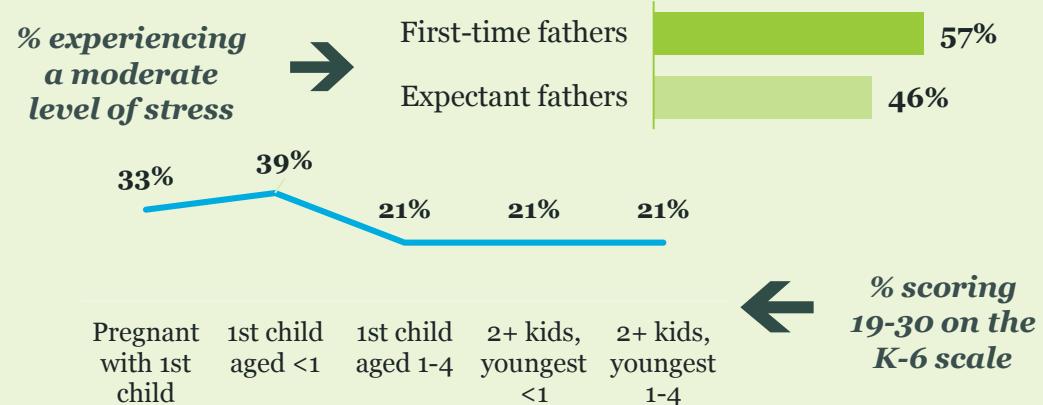
Hall & Partners
1,531 OPENMIND
Online survey respondents
Fathers with children under 5 years

There were 7 key outcomes

1. New dads internalise pressure

- 79% Agree they 'need to be the rock' for their family
- 47% Feel 'being the rock' causes a lot of stress and anxiety
- 41% Feel overwhelmed by the sacrifices they make for their family

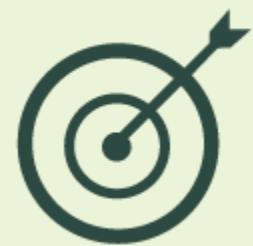
2. First time dads are at the greatest risk



3. New dads have an incomplete understanding of PND

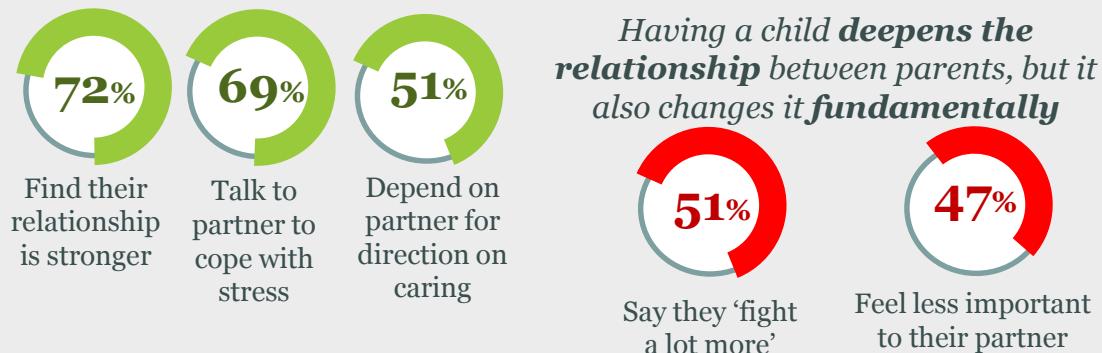


4. There is a strong reluctance to identify the challenges of fatherhood with depression and anxiety



Using the term 'Dad stress' is likely to be more effective

5. The partner relationship is critical



6. New dads seek information reactively

New fathers tend to 'learn as they go' and seek information specific to the challenge they are currently facing.

- 56% did not seek information of support during stressful times
- 55% consider there is not a lot of information directed to them as a father

7. New dads want more engagement

- 53% Wish they knew more about parenting
- 52% Want more involvement with the healthcare system



"I'm honestly surprised that I made it because I didn't turn to anybody. It was like you can't show your emotions, you've gotta be there for her and for the child and you've still got to keep a roof over your head and get the bills paid and work like nothing's happened."

The research highlights the need to value and support both mothers and fathers in the transition to parenthood



To read the full report, visit www.beyondblue.org.au/dads-research