



“DADS IN DISTRESS”

Dr Alka Kothari

*Senior Obstetrician and Gynaecologist
Redcliffe Hospital
Queensland*

STUDY POPULATION

28 FATHERS

EXPERIENCING A

TRAUMATIC

PREGNANCY

COMPLICATIONS

FETAL- 85%

MATERNAL-11%

MATERNAL/FETAL - 4%

DEMOGRAPHICS

CAUCASIAN - 93%

AGE 20 -47 YRS

FIRST BABY - 22%

UNEMPLOYED - 24%

MEASURES



MEASURES

EDINBURGH POST NATAL DEPRESSION SCALE

- 10 POINT QUESTIONNAIRE
- TAKES 2 MINUTES
- Q 9 ENQUIRES ABOUT CRYING
- Q 10 LOOKS AT SUICIDAL IDEATION
- MAXIMUM SCORE 30

VALIDATION STUDIES

- THERE ARE MULTIPLE STUDIES
VALIDATING THE USE OF EPDS IN
MEN
- MANY DIFFERENT CUTOFFS HAVE
BEEN SUGGESTED

EPDS- VALIDATION STUDIES

AREIAS	1996	>9
MATTHEY	2001	>9
RAMCHANDANI	2005	> 12
MADSEN AND JUHL	2007	>10
EDMONDSON	2010	>10
LAI	2010	>10
MASSOUDI	2013	>12
BERGSTORM	2013	>11
CARLBERG	2018	>10

Cut off of 10 chosen
as significant for
depression

MEASURES

IMPACT OF EVENTS SCALE-REVISED

- 22 POINT QUESTIONNAIRE
- TAKES 10 MINUTES
- 3 SUBSCALES- AVOIDANCE(8), INTRUSION(8),HYPER AROUSAL(6)
- VALIDATED IN NATURAL DISASTERS, SURVIVORS OF WAR, MVA, BRAIN INJURY, PARENTS OF BABIES IN NICU

VALIDATION STUDIES

- <24 SOME SYMPTOMS
- >33 BEST CORRELATION
- >37 IMMUNOSUPPRESSIVE
- **CUT OFF OF 33** CHOSEN AS MOST LIKELY INDICATIVE OF POST TRAUMATIC STRESS
- RAW MAXIMUM SCORE 88



RESULTS

EPDS

SCORE	N (%)	HIGHEST SCORE	CRYING	SUICIDAL
			n (%)	n (%)
SURVEY 1 (2-3 weeks)				
10 or more	16/27 (60 %)	23*	18/26 (70%)	4/26 (16%)
		* SB 37 weeks		
SURVEY 2 (3-4 months)				
10 or more	6/15 (40 %)	19**	6/15 (40%)	3/12 (25%)
		** hysterectomy		

6 dads with very high scores declined survey 2

IMPACT OF EVENTS SCALE- REVISED

SCORE	N (%)	HIGHEST SCORE
SURVEY 1 (2-3 weeks)		
33 or more	12/26 (47 %)	76**
	(All above 37)	** hysterectomy
SURVEY 2 (3-4 months)		
33 or more	4/15 (27 %)	77**
	(All above 37)	** hysterectomy

SCORE FOR PTSD

<24 some symptoms

>33 best cut off

>37 immunosuppressive

Scores in three men remained significantly elevated

DO REPORTED SYMPTOMS CHANGE OVER TIME?

		EPDS Survey 1		
EPDS Survey 2	<10	<10 5	10+ 4	Total 9
	10+	0	6	6
Total		5	10	15
		33.3%	66.7%	100.0%

		IES Survey 1		
IES-R Survey 2	<33	<33 7	33+ 3	Total 10
	33+	0	4	4
Total		7	7	14
		50.0%	50.0%	100.0%

FETAL LOSS

- 14 MEN SUFFERED A FETAL LOSS
- TERMINATION OF PREGNANCY FOR FETAL ANEUPLOIDY OR MAJOR MALFORMATION (9)
- INTRA UTERINE FETAL DEATH OR STILLBIRTH (5)

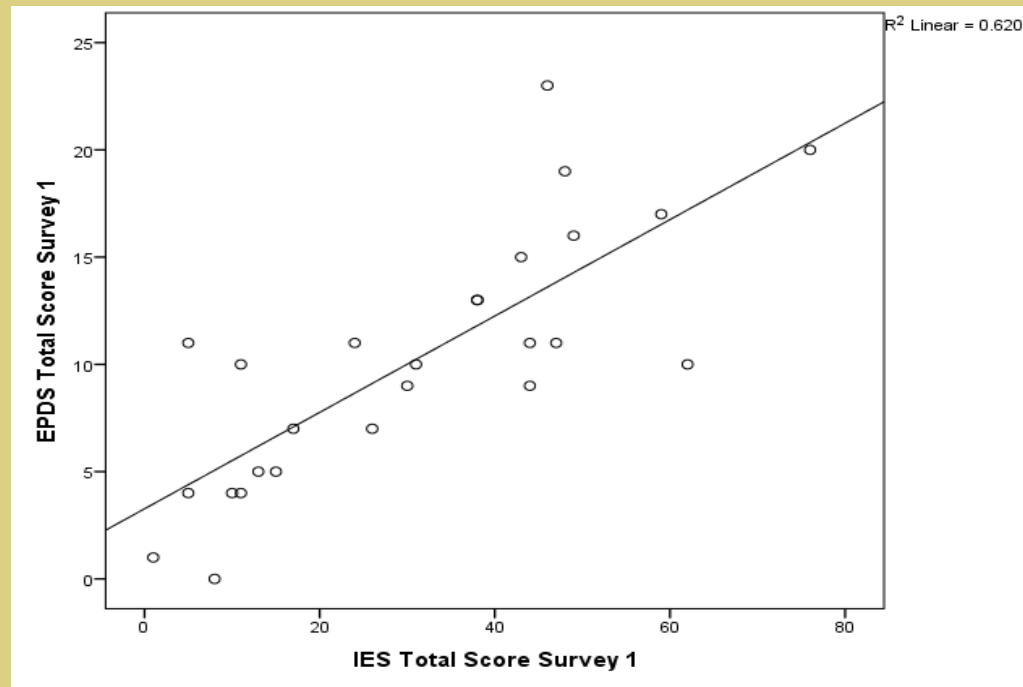
- 8/14 (57%) MEN SCORED AN EPDS SCORE > 10 AT SURVEY 1
- 3/9 (33%) MEN SCORED AN EPDS > 10 AT SURVEY 2

- 7/13 (54%) MEN SCORED AN IES-R SCORE > 33 AT SURVEY 1
- 3/9 SCORED (33%) AN IES-R SCORE > 33 AT SURVEY 2

SCORES IN THREE MEN REMAINED SIGNIFICANTLY ELEVATED

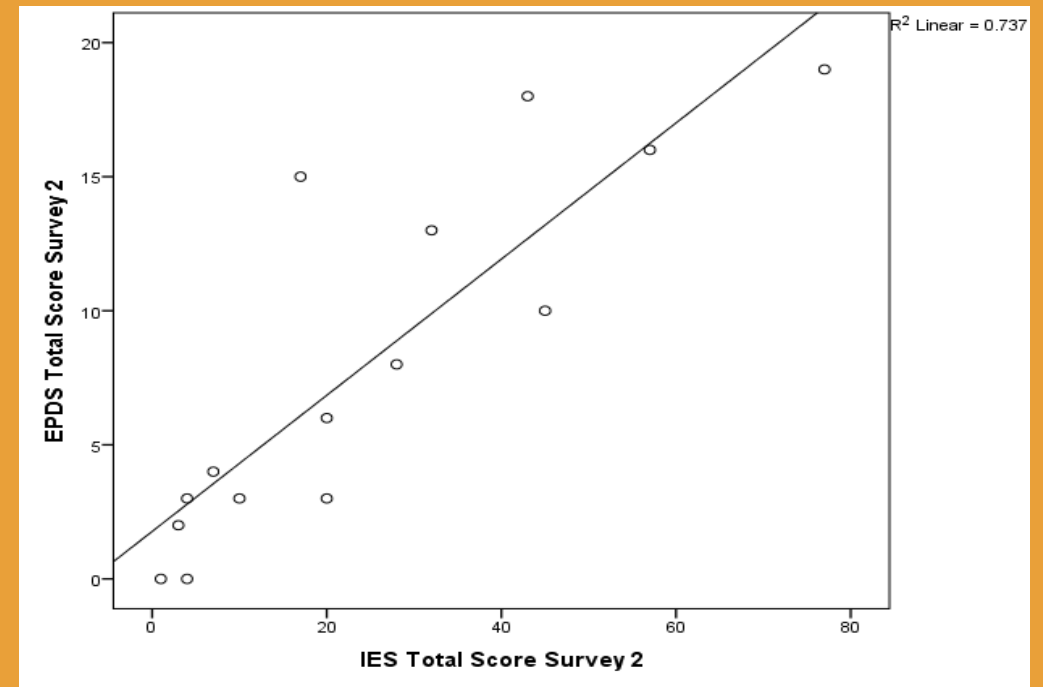
PEARSON CORRELATION COEFFICIENT

SURVEY 1

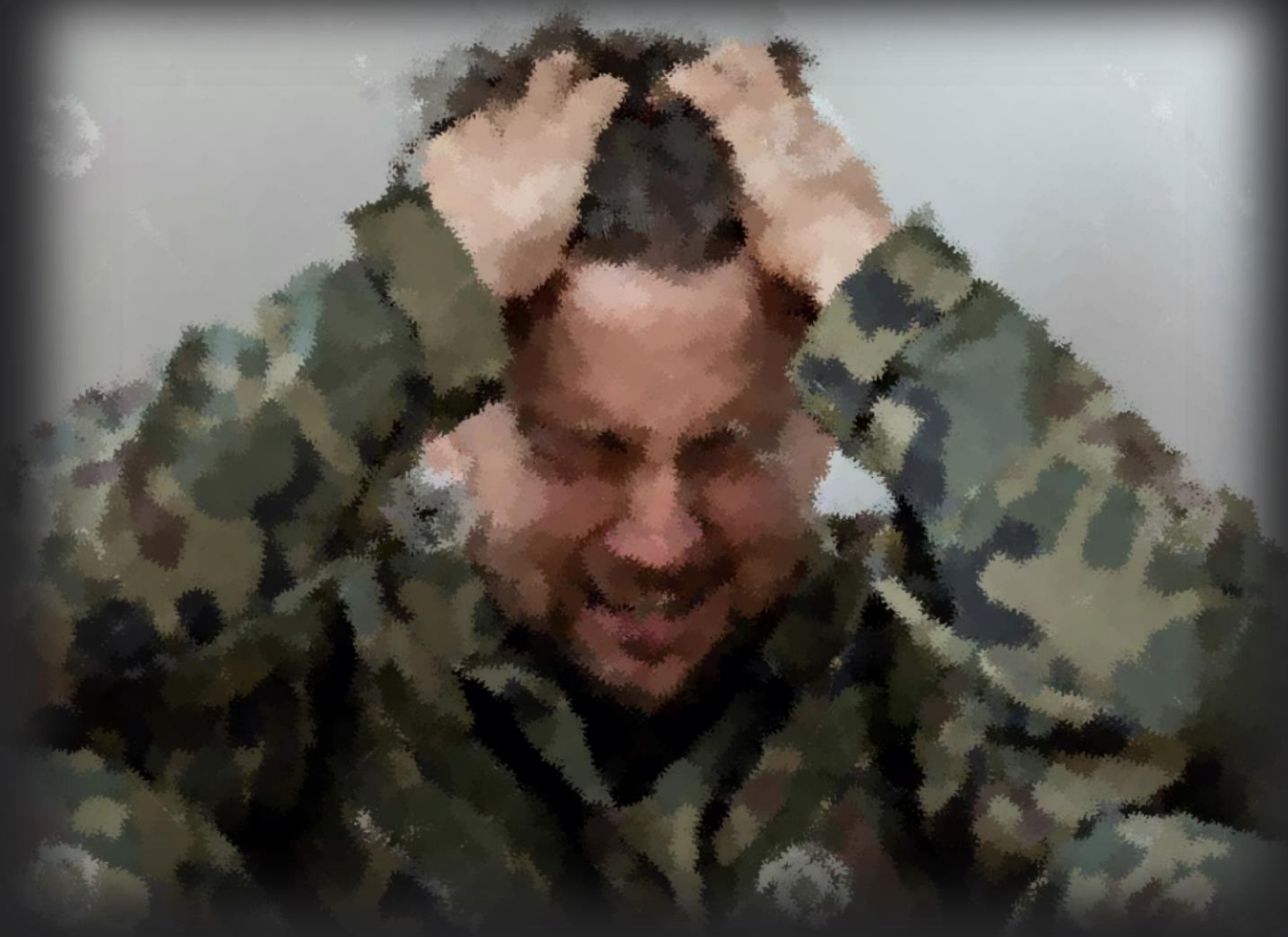


Pearson correlation coefficient 0.787 (p-value <0.001)

SURVEY 2



Pearson correlation coefficient 0.859 (p-value <0.001)



CONCLUSION

CONCLUSION

- High level of “enduring distress”
- Significant possibility that some of these fathers may be suffering protracted bereavement reactions, major depression and/or significant post-traumatic syndromes (43%)
- Numbers from the study likely to be an underestimate
- These “Dads in Distress” may be “forgotten”

IMPLICATIONS FOR PRACTICE

- Develop specific screening tools to capture anxiety, depression and PTSD like symptoms
- Novel models of engagement embracing male coping strategies including specialised social media
- Multidisciplinary approach involving addiction services
- Recognition of effect on the family unit
- Recognition of trans-generational effects



Royal College of
Obstetricians &
Gynaecologists

90

Certificate

This is to certify that

Alka Kothari

has been awarded the

Best Oral Presentation of the Session

in

PNMH

for presenting:

"Dads in Distress"- Persisting depressive and traumatic symptoms in fathers following poor fetal, neonatal and maternal outcomes

at the

RCOG World Congress 2019

held on

17 - 19 June 2019

Honorary Co-Director of Conferences
Mr Philip Tooze-Hobson FRCOG, Birmingham

Honorary Co-Director of Conferences
Mr Andrew Sizer FRCOG, Shrewsbury

Royal College of Obstetricians and Gynaecologists, 27 Sussex Place, Regent's Park, London, NW1 4RG

T: +44 (0) 20 7772 6200 W: rcog.org.uk

S: @RCOGsGyn

Registered Charity No. 213280



Thank you

