**Exploring Risk Factors of Chinese and Non-Chinese Fathers’ General Well-being during Early Pregnancy in Singapore**

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**Introduction**

Literature focusing on paternal well-being is emerging in the recent years. Despite the evidence that fatherhood has a long-term positive effect on men’s health, there is also evidence that fatherhood in the perinatal period can be complex and demanding. The stress of the transition could also vary due to different cultural practices and family dynamic during the perinatal period. The current study aimed to explore the experience and investigate the risk factors of general well-being of Chinese and non-Chinese expectant fathers during early pregnancy in Singapore.

**Methodology**

275 expectant fathers were recruited at the maternity clinic in a regional hospital at around 17 gestational week. 51.3%(N=141) are Chinese and 48.7% (N=134) are non-Chinese (Malay, Indian and others). Valid psychological instruments were used to assess family cohesion, family communication, work-family conflict, family-work conflict and marital satisfaction and their effects on general well-being (measured by General Health Questionnaire (GHQ-12)). Demographic factors were also assessed.

**Results**

In the current sample, demographic differences were found between Chinese and non-Chinese expectant fathers - Chinese fathers were reported to be older in age, higher in education level and income level. Chinese fathers were also found to be scoring lower in marital satisfaction, higher in family-work conflict, and poorer in general well-being in comparison to non-Chinese fathers. Multivariate analyses showed that higher education level and higher family-work conflict could significantly predict poorer general well-being for the Chinese fathers, however for the non-Chinese fathers, only higher family-work conflict could predict poorer general well-being.

**Discussions**

The results showed that non-Chinese fathers reported better general well-being than Chinese fathers in early pregnancy in Singapore. The job nature for majority of the Chinese fathers could be a contributing factor. Higher demands in commitment of time and energy in their jobs could result in poorer coping. Cultural factors and differences in family support system for different races could also be playing an important role in this result. Further investigation is suggested to examine the cultural as well as maternal factors in the experience of expectant fathers from different races during perinatal period.

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