

Men's Mood Disorders in Connection with the Birth of their Child

Copenhagen University Hospitals, Rigshospitalet & Bispebjerg Hospital
Svend Aage Madsen, Ph.D. & Dennis Lind, Clinical Psychologist



Design and Participants:

- Interviews with 72 fathers before and after the birth of the child
- Psychotherapy with 30 fathers with mood disorders

Analysis of:

- 1) Individual symptoms;
- 2) The man's pictures of himself as a father;
- 3) His relationship with the infant;
- 4) Experiences with and models of care giving in own childhood;
- 5) Relations with own mother and father present and in childhood.

Prevalence:

Mood disorders in connection with child-birth: Women: 10-14%
Men: Until now no proper surveys – Provisional results estimate 5-10%



Results:

Men's mood disorders in connection with the birth of their child has roots in men's relations with own mother. There seems to be no significant relation between the disorder and the man's relationship with his own father.



Psychotherapy:

Men with this disorder seem to benefit from double focused psychotherapy:

- working with the man's past and present relation with his mother
- alternating with his relations to the infant.

In such treatment representations of the mother seem to be linked with the father's actual relationship with his infant and his experiences of fatherhood.

Men's Health in Relation to Fatherhood

A Danish research project under the Research Program:
FATHERS' RELATIONS TO THEIR INFANTS

Copenhagen University Hospital, Rigshospitalet, Ward 4074 - Blegdamsvej 9, DK-2100 Copenhagen Ø, Denmark
Phone: +45 35454767 - Fax: +45 35456543, E-mail: svaam@rh.dk & svendaage@madsen.mail.dk