

Feelings and support among Thai expectant fathers having partner with antenatal depressive symptoms

Nitikorn Phoosuwan^{1,2}, Leif Eriksson¹ and Pranee C Lundberg¹

¹Uppsala University, Sweden

²Kasetsart University, Thailand

Background: Over 20% of women worldwide experience antenatal depressive symptoms (ADS). However, what feelings and support expectant fathers have during their partners' pregnancy has rarely been studied, especially in Thailand.

Objective: The aim was to explore feelings and support among Thai expectant fathers having a partner with ADS.

Method: This qualitative study was conducted in Sakonnakon, a north-eastern province in Thailand. Twenty-seven Thai expectant fathers having a pregnant partner (from the 28th to the 37th gestation week) with ADS (score ≥ 7 on the Edinburgh Postnatal Depression Scale) participated in the study. A semi-structured interview guide about feelings and support during pregnancy was developed and used during interviews with expectant fathers. The interviews were digitally recorded, transcribed verbatim and subjected to qualitative content analysis.

Results: The participants' age ranged from 17 to 50 years, most were agriculturists/daily-workers (88%), and the majority was low educated (63%). Also, the majority of the participants resided in rural areas (56%) and had lived with their partners for less than five years (59%). Four categories emerged: Fear of changing life, fulfilling a missing piece in life, Enhancing confidence, and Dissatisfaction with assistance. Some participants felt that having a child was an economic burden, while others were satisfied with the

life transition and changed their behavior, for example by refraining from alcohol consumption. The participants were encouraged and supported by peers and their social network. For example, they received financial support from the local government. The expectant fathers needed more information about maternal and child health from healthcare providers, and more involvement in the family.

Conclusion: Healthcare providers should consider the feelings and support of expectant fathers when having a partner with ADS and provide relevant information to them. Expectant fathers need better support from their partners' family.

Recent Publications

1. Phoosuwan N and Wongsrila P (2017) Prevalence and factors related to stress among undergraduate students in a northeast Thailand province. *The Public Health Journal of Burapha University* 12(2):108-119.
2. Phoosuwan N, Eriksson L and Lundberg PC (2018) Antenatal depressive symptoms during late pregnancy among women in a north-eastern province of Thailand: Prevalence and associated factors. *Asian Journal of Psychiatry* 36:102-107.

Biography

Nitikorn Phoosuwan is currently a PhD student at Uppsala University in Sweden and a Lecturer in the Faculty of Public Health at Kasetsart University Chalermphrakiat Sakonnakhon Province Campus in Thailand. He has completed his Master's degree of science in public health majoring infectious diseases and epidemiology at Mahidol University in Thailand in 2011. He has two Bachelor degrees from Thailand, one in the public health field and one in the field of occupational health and safety. He has experiences in health promotion and disease prevention in a community hospital and rural areas. He has been involved in research fields, such as public health administration and non-communicable diseases. He has published papers in international and national journals, and participated in national and international conferences. He is interested in the fields of mental health, community health, public health and epidemiology.

Nitikorn.phoosuwan@pubcare.uu.se