

## What Puts Men at Risk for PPND (Paternal Postnatal Depression)

According to Will Courtenay, Ph.D., experts are, unfortunately, just beginning to understand PPND. One of the things they know the least about is what puts men at risk for PPND. Here are some of the things that research suggests may increase a man's chances of experiencing PPND:

- Personal history of depression
- Poor relationship with spouse
- Poor relationship with one or both parents
- Relationship stress - with a partner or with in-laws
- Excessive stress about becoming a parent or father
- Nontraditional family (such as being unmarried or a stepfather)
- Poor social functioning
- A lack of support from others
- Economic problems or limited resources
- A sense of being excluded from the connection between the mother and baby

"One thing we do know is that if your partner is depressed, there's a good chance you are too." Courtenay says. **Up to half of men whose partners have postpartum depression are - or will become - depressed themselves.**