

RESEARCH FLYER

Did you know that **one in ten fathers** experiences postpartum depression ¹

**Fathers can show depression differently: irritability, anger, aggression, substance abuse, and risk-taking behaviors* (Scarff, 2019).

If you have experienced postpartum depression, please consider joining a research study into the Lived Experiences of Fathers with Postpartum Depression during the Postpartum Period conducted by Principal Investigator, Rachael Schmitz, MSN, CRNP, FNP-C.

Postpartum depression is depression diagnosed after a **two-week history** of the following signs or symptoms:

- persistent feelings of sadness
- loss of interest
- feelings of irritability
- changes in appetite or sleep
- difficulty with concentration
- generalized aches or pains
- feeling helpless or worthless
- thoughts of suicide (CDC, 2022).

More research is needed for new fathers!!!!!!

Help provide *new insight* into the experience of postpartum depression for men to find more innovative resources to help fathers experiencing symptoms.

Please consider joining the study by contacting me if you meet the criteria below:

- You were born a biological male.
- You are 18 years or older.
- You are a father of an infant born without medical complications within the past 24 months.
- You are married, cohabiting, or in a relationship with the biological mother of the infant.
- You are able to speak and read English.
- You have been told by a health care provider that you have postpartum depression, or you self-diagnosed yourself as having postpartum depression.

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If you know of a father who may meet the criteria above, please forward this flyer!

¹ Garfield et al., 2022