



## Mills Perinatal Wellness Group, PC

### What is Paternal or Partner Depression and Anxiety?

Studies show that 1 in 10 dads struggle with postpartum depression and anxiety as well. Their symptoms are slowly becoming more recognized, diagnosed, and treated. Prenatal and postpartum depression can look different in men than it does in women. Men may experience some “traditional” symptoms – fatigue and changes in sleep or appetite – but they often exhibit fewer outwardly emotional expressions, such as crying. Anxiety is also common in men during and after pregnancy. A 2021 study showed that 1 in 10 men experience prenatal and postpartum anxiety.

#### **Signs and Symptoms of Depression and Anxiety**

##### **Depression**

- Anger, sudden outbursts, or violent behavior
- Increase in impulsive or risk-taking behavior, including turning to substances such as alcohol or prescription drugs
- Irritability
- Low motivation
- Physical symptoms such as headaches, muscle aches, stomach, or digestion issues
- Poor concentration
- Suicidal thoughts
- Withdrawing from relationships
- Working a lot more or a lot less

##### **Anxiety**

- Persistent, excessive worry about life in general
- Nervousness or a sense of impending doom
- Trouble concentrating and panic attacks
- Symptoms of obsessive-compulsive disorder