

# PATERNAL POSTPARTUM DEPRESSION

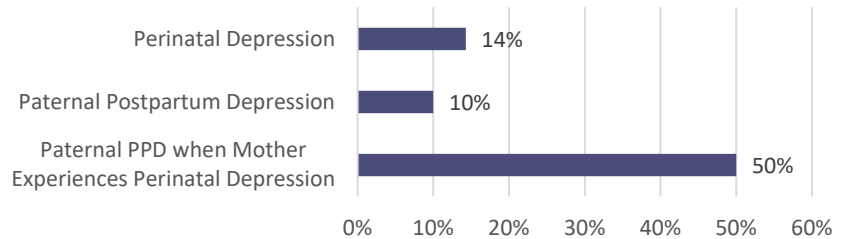
Information  
for Providers

## Prevalence\*

Nearly **one in ten** fathers experience postpartum depression.

The prevalence **increases to 50%** when the mother is also experiencing perinatal depression.

Prevalence of Depression in Parents



## Impact on Child Development



Nurturing parent-child relationships and environments are vital for healthy development.

When the family's social needs are met, it is more likely that children will succeed in school and work as well as experience lower rates of chronic disease.\*\*

Early identification, intervention, and treatment of paternal depression helps reduce adverse emotional and behavioral outcomes in children, as well as improve the quality of life for the father and family.\*\*\*

## How to Support Fathers' Mental Health

**Screen** for paternal depression. The Edinburgh Postnatal Depression Scale (EPDS) is validated for use with fathers but requires 2-point lower cutoff score than screenings for mothers. **KDHE recommends use of EPDS for paternal depression screening with a cutoff score for referral at 8.**

**Connect** fathers with treatment, support, and educational resources. More information about this connection options can be found in the *KDHE Paternal PPD Information and Recommendations* guide:

<https://www.kdheks.gov/PaternalDepression>

