

# Men are more prone to depression after birth, this rate is even higher than that of women

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Postpartum depression is a common psychological phenomenon in women after going through childbirth. But in a recent study, Australian scientists came to the conclusion that many people were surprised, that the rate of postpartum depression in men was higher than that of female subjects even though they did not experience the changes. Negative physical and psychological changes in pregnancy and childbirth.

1. Postpartum depression: Causes, signs of early identification and prevention
2. Husband should do to help his wife avoid postpartum depression
3. Depression affects the male and female brains in many different ways



Studies have shown that the incidence of depression in fathers (PPND) increased by 68% in the first 5 years of having children and about 9.7% of men with postpartum depression in their first year Young compared to 9.4% in women.

According to doctors, whether or not they are a direct child, having a baby will lead to great changes, especially with your mental health. Specifically, the amount of male body hormones changes in the direction of reducing testosterone during pregnancy as well as after the wife gives birth, which increases the state of depression and anxiety. In addition to these neurological changes that occur in the brain due to insomnia, stress combined with

other objective factors in life such as conflict in relationships, fatherhood . make yourself Father is also vulnerable to mental injury.



## Signs of depression in men

Women can cry and talk about their emotions but men are different, they do not show their emotions, so signs of postpartum depression in men are often hidden, very difficult to identify.

1. Instead, men are often self-contained, irritable, feeling hopeless, indecisive, burying themselves in work or entertaining games.
2. They often go to alcohol and cigarettes to relieve themselves.
3. Men suffering from depression after their wife gives birth also have headaches or muscle aches.



# How to prevent postpartum depression in men

Research results show that the health of the father in the postpartum period should also be given adequate attention as with mothers.

Young fathers need to pay attention to getting enough sleep, have a proper diet, exercise regularly, spend time with friends and partners to have a more balanced life.

It is important for couples to regularly have conversations to understand each other better, promote harmony, reduce stress, fatigue, and learn how to be parents together.

Everyone in the family needs more help so that the father can fulfill his noble task.

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