

# DADS AND POST NATAL DEPRESSION: HOW DO WEBSITES SCORE?

## GUIDELINES FOR ASSESSING THE FATHER-INCLUSIVE LEVEL OF WEB-BASED INFORMATION AND SUPPORT FOR FATHERS IN FAMILIES WITH POSTNATAL DEPRESSION (PND)

PREPARED BY RICHARD FLETCHER | FAMILY ACTION CENTRE, FACULTY OF HEALTH, THE UNIVERSITY OF NEWCASTLE | CONVENOR, AUSTRALIAN FATHERHOOD RESEARCH NETWORK

New fathers may be depressed or, more commonly, may have a wife or partner who is experiencing depression. The internet offers a low-cost source of information and support to fathers in these families. However, identifying and addressing the needs of *fathers* is a relatively new undertaking for services; existing parenting, health and family life education websites may unintentionally ignore the particular needs of new fathers. The guidelines below can assist professionals to judge the probable effectiveness of a website in meeting the needs of fathers in new families where the mother is suffering from depression and where the father may be at risk of depression.

## GUIDELINES FOR WEBSITES TO BE FATHER-INCLUSIVE

### 1. FATHER-SPECIFIC

The web material should relate specifically to *fathers* whose wives or partners may be depressed \*

Generic information on caring for those with postnatal depression is of limited use for fathers. The language and images used on the webpage should make it clear that the information on the webpage is from the father's perspective. For example using a phrase such as "...when your wife or partner is feeling down..." in the text acknowledges the fathers' relationship to the mother who is depressed. Messages on the web page to "Read how other fathers have managed the work-family balance when their wife or partner is struggling with depression..." indicates that this webpage is addressing fathers specifically rather than the broader group of 'carers'.

### 2. IMPORTANT AREAS OF FATHER'S ROLE ARE ADDRESSED

The web material should address the father-mother relationship, the father infant relationship and the father's own well being \*

Websites initially designed to assist mothers may assume that the only significant role for fathers is to support the mother. Websites targeting depression may offer material that treats the father as an individual who may be at risk of depression rather than a father with family responsibilities. While offering support to a mother who is depressed and self assessment of depression are important, the father's relationship with the new baby is also crucial for family well being. All three areas of new fatherhood should be addressed.

### 3. OPPORTUNITIES ARE PROVIDED FOR FURTHER INFORMATION AND INTERACTION

The web material should include interactive options, extended information and 'real life' examples \*

Dot points giving brief 'tips' for fathers, which are common on parenting websites, are of minimal assistance for fathers facing the complex and multifaceted issues arising in a family when the mother of an infant is depressed.

By contrast, websites supporting those with ongoing health conditions feature a variety of modalities such as extended information on a topic; chat rooms for communicating with others in similar circumstances; decision aids for common dilemmas; 'real life' stories from individuals who have faced similar health issues and links to research for key topics. The effectiveness of these sites rests on the interaction of the different modalities.

The linked information content and interactive aspects can lead to improved knowledge, increased social support, healthy behaviour choices and improved clinical outcomes.

In addition to information on the causes and treatment of depression fathers in families where the mother is depressed need opportunities to hear 'real life' stories of fathers and to communicate with other fathers who have faced similar problems. There should also be options for more in depth information for fathers seeking a deeper understanding of topics related to PND.

SEE NOTES, REFERENCES AT END OF DOCUMENT

## **A FATHER-INCLUSIVE SCORE FOR WEBSITES USING THE GUIDELINES**

Numerical scores indicate to what extent the text and visual material on the websites are inclusive of fathers. The scores provide a guide for practitioners who may be recommending sites to fathers or for those reviewing websites to improve their father-inclusiveness.

### **1. FATHER-SPECIFIC**

The extent of material specific to fathers is scored from 0-3 as follows:

- 0 = No father-specific material
- 1 = Minimal father -specific material
- 2 = Some father -specific material
- 3\* = Several pages of father -specific material

### **2. IMPORTANT AREAS OF FATHERS' ROLE**

The extent of material addressing each of the three areas (fathers' self care, mother support by father, father-infant interaction) are assessed separately

Fathers' Self Care

- 0 = No information on fathers' self care
- 1 = Minimal information on fathers' self care
- 2 = Some information on fathers' self care
- 3\* = Extensive information on fathers' self care

#### Fathers supporting the mother

- 0 = No information on fathers supporting the mother
- 1 = Minimal information on fathers supporting the mother
- 2 = Some information on fathers supporting the mother
- 3\* = Extensive information on fathers supporting the mother

#### Father-infant interaction

- 0 = No information on father-infant interaction
- 1 = Minimal information on father-infant interaction
- 2 = Some information on father-infant interaction
- 3\* = Extensive information on father-infant interaction

#### Fathers supporting the mother

- 0 = No information on fathers supporting the mother
- 1 = Minimal information on fathers supporting the mother
- 2 = Some information on fathers supporting the mother
- 3\* = Extensive information on fathers supporting the mother

#### Father-infant interaction

- 0 = No information on father-infant interaction
- 1 = Minimal information on father-infant interaction
- 2 = Some information on father-infant interaction
- 3\* = Extensive information on father-infant interaction

### 3. OPPORTUNITIES FOR FURTHER INFORMATION AND INTERACTION

The extent of further information and interaction are assessed separately

#### Further information on topics

- 0 = Information provided in summary form only
- 1 = Links provided to further websites
- 2\* = Links to specific information on father-related topics are provided

### Experiences of fathers

- 0 = Information provided by experts or professionals
- 1 = Some examples of 'real life' stories from fathers facing PND are provided
- 2\* = A range of 'real life' stories from fathers facing PND are provided

### Interaction

- 0 = No interactive capacity for fathers on the site
- 1 = General chat room or bulletin board provided for fathers to contribute their experiences or views
- 2\* = Designated chat room or bulletin board for fathers in families with PND to contribute their experiences or views

\* MAXIMUM FATHER-INCLUSIVE SCORE = 18

NOTE: Postnatal depression is established a recognizable 'illness' in public and professional discussion. However, practitioners and researchers familiar with the area of perinatal mental health recognize that antenatal depression and anxiety among new parents may be equally important to identify. Some have suggested that 'postnatal distress' would be a more accurate term for identifying parents and families in need of assistance. While the wider array of conditions deserves recognition, the term postnatal depression (PND) is used in this discussion for brevity.

## APPLYING THE GUIDELINES

RESULTS FOR AUSTRALIAN PARENTING AND FAMILY HEALTH WEBSITES	
WEBSITE	SCORE
<b>Beyondblue</b> www.beyondblue.org.au/index.aspx?link_id=94	<b>6</b>
<b>Children, Youth and Women's Health Service (SA)</b> www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=1537	<b>4</b>
<b>Ngala</b> www.ngala.com.au/You-and-Your-Family/For-Dads/Postnatal-Depression-Support-Program	<b>8</b>
<b>Panda</b> www.panda.org.au	<b>5</b>
<b>Raising Children Network</b> www.raisingchildren.net.au/	<b>14</b>
<b>St John of God</b> www.beatbabyblues.com.au/	<b>2</b>
<b>The Better Health Channel</b> www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Post_natal_depression_the_family	<b>6</b>
<b>The Black Dog Institute</b> www.blackdoginstitute.org.au/public/depression/inpregnancypostnatal/fathers.cfm	<b>5</b>
<b>WA Health Department</b> www.kemh.health.wa.gov.au/health/emotional_health/	<b>9</b>
<b>Maximum Total Score = 18</b>	

NOTE: The score allocated is an indication of how well the website meets the needs of fathers in families with postnatal depression. It is not a judgement of the entire website.

## DESCRIPTION OF WEBSITES WITH DETAILED SCORES

### BEYONDBLUE [www.beyondblue.org.au/index.aspx?link\\_id=94](http://www.beyondblue.org.au/index.aspx?link_id=94)



#### INFORMATION FROM THE BEYONDBLUE WEBSITE

Our mission is to provide a national focus and community leadership to increase the capacity of the broader Australian community to prevent depression and respond effectively.

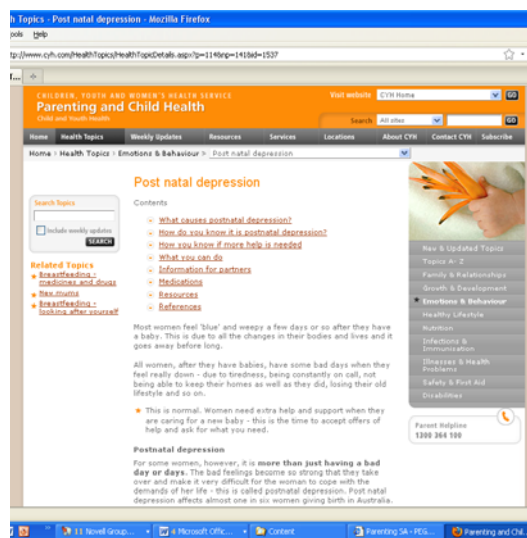
We aim to build a society that understands and responds to the personal and social impact of depression, works actively to prevent it, and improves the quality of life for everyone affected.

BEYOND BLUE WEBSITE	SCORE
<b>FATHER-INCLUSIVE CRITERIA</b>	
Father specific	1
Minimal father-specific material	
Fathers' Self Care	2
Some information on fathers' self care	
Fathers supporting the mother	0
No information on supporting the mother	
Father-infant interaction	0
No information on father-infant interaction	
Further information on topics	1
Links provided to further websites	
Experiences of fathers	1
Some examples of 'real life' stories from fathers facing PND are provided	
Interaction	1
General bulletin board for fathers to contribute	
<b>Total score (out of a possible 18)</b>	<b>6</b>

NOTE: The score allocated is an indication of how well the website meets the needs of fathers in families with postnatal depression. It is not a judgement of the entire website.

# CHILDREN, YOUTH AND WOMEN'S HEALTH SERVICE (SA)

www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=1537



## INFORMATION FROM THE CHILDREN, YOUTH AND WOMEN'S HEALTH SERVICE WEBSITE

Children, Youth and Women's Health Service (CYWHS) promotes the health, well-being and development of children, young people and families across South Australia by providing:

- support to parents in areas of parenting
- health services for infants, children and young people
- support for families and children with additional needs
- up-to-date health information for parents, children and young people.

At CYWHS, we are committed to providing health and parenting information based on the latest research and best practice.

CHILDREN, YOUTH AND WOMEN'S HEALTH SERVICE WEBSITE	SCORE
<b>FATHER-INCLUSIVE CRITERIA</b>	
Father specific	1
Minimal father-specific material	
Fathers' Self Care	0
No information on fathers' self care	
Fathers supporting the mother	2
Some information on supporting the mother	
Father-infant interaction	0
No information on father-infant interaction	
Further information on topics	1
Links provided to further websites	
Experiences of fathers	0
Information provided by experts or professionals	
Interaction	0
No interactive capacity for fathers on the site	
<b>Total score (out of a possible 18)</b>	<b>4</b>

NOTE: The score allocated is an indication of how well the website meets the needs of fathers in families with postnatal depression. It is not a judgement of the entire website.

## NGALA

www.ngala.com.au/You-and-Your-Family/For-Dads/Postnatal-Depression-Support-Program



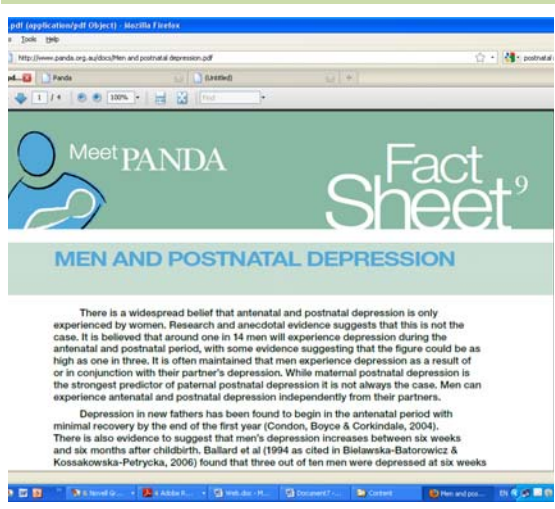
### INFORMATION FROM NGALA WEBSITE

Ngala is a provider of Early Parenting services with a passion for supporting and guiding families and young children through the journey of early parenting.

Our parenting services are available for families with young children who work or reside in Western Australia and our online information is available to everyone.

BEYOND NGALA WEBSITE	SCORE
<b>FATHER-INCLUSIVE CRITERIA</b>	
Father specific	2
Some father-specific material	
Fathers' Self Care	2
Some information on fathers' self care	
Fathers supporting the mother	2
Some information on supporting the mother	
Father-infant interaction	2
Some information on father-infant interaction	
Further information on topics	0
Information provided in summary form only	
Experiences of fathers	0
Information provided by experts or professionals	
Interaction	0
No interactive capacity for fathers to contribute on the site	
<b>Total score (out of a possible 18)</b>	<b>8</b>

NOTE: The score allocated is an indication of how well the website meets the needs of fathers in families with postnatal depression. It is not a judgement of the entire website.



INFORMATION FROM PANDA WEBSITE

PANDA is a Victorian, not-for-profit, self-help organization that was formed in 1985 to provide confidential information, support and referral to anyone affected by post and antenatal mood disorders, including partners and extended family members. PANDA also produces and distributes accurate information about post antenatal mood disorders to health professionals and the wider community.

Our services are governed by the knowledge that women do recover from post and antenatal mood disorders and are designed to ensure that those affected receive appropriate help as early as possible.

PANDA offers:

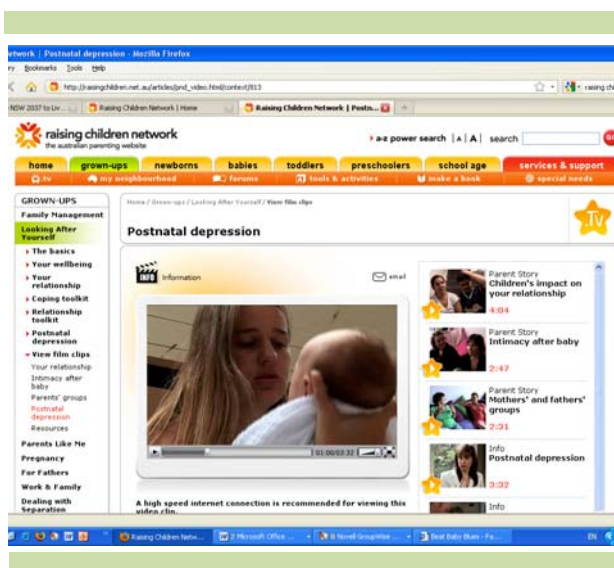
- Telephone support and information, provided by staff and trained volunteers.
- Resources and information on antenatal and postnatal depression and postpartum psychosis.
- Information and referral details for supports and services in your area.
- Information, education and training seminars for professionals and community groups.
- Staff and trained volunteers as guest speakers.
- Community information displays.
- Regular newsletters to members.

PANDA WEBSITE	SCORE
<b>FATHER-INCLUSIVE CRITERIA</b>	
Father specific	1
Minimal father-specific material	
Fathers' Self Care	2
Some information on fathers' self care	
Fathers supporting the mother	1
Minimal information on supporting the mother	
Father-infant interaction	0
No information on father-infant interaction	
Further information on topics	0
Information provided in summary form only	
Experiences of fathers	1
Some examples of 'real life' stories from fathers facing PND are provided	
Interaction	0
No interactive capacity for fathers on the site	
<b>Total score (out of a possible 18)</b>	<b>5</b>

NOTE: The score allocated is an indication of how well the website meets the needs of fathers in families with postnatal depression. It is not a judgement of the entire website.

## RAISING CHILDREN NETWORK

www.raisingchildren.net.au



INFO FROM THE RAISING CHILDREN WEBSITE  
This is a website for Australian mothers, fathers, grandparents and anyone else who has responsibility for the care of children. We aim to meet the information needs of a wide range of users, from the just curious, to those looking for assistance with particular problems or issues, or those wanting to explore the science behind modern thinking on the care of children.

INFORMATION FROM THE RAISING CHILDREN WEBSITE CONT...

In addition to information support for parents, we aim to be a source of personal support by helping to connect people through our discussion forums. The groundbreaking My Neighbourhood feature on this site provides a way that users can connect with others in their own locations.

This is also a website for the wide range of professionals and agencies who work with parents on the front line every day – general practitioners, maternal and child health nurses, child care workers, preschool teachers, school teachers, social workers, psychologists and so on. Professionals can refer parents to the site, or download and distribute information from the site to the parents they are working with.

Finally, we believe that businesses and community organisations can be an important part of the fabric of parent support in our community. We will build an information base that will assist employers, sports clubs, and churches to understand the needs of parents and to support organisations in their aspirations to become more family-friendly.

RAISING CHILDREN NETWORK WEBSITE	SCORE
<b>FATHER-INCLUSIVE CRITERIA</b>	
Father specific Several pages of father-specific material	3
Fathers' Self Care Some information on fathers' self care	2
Fathers supporting the mother Some information on supporting the mother	2
Father-infant interaction Some information on father-infant interaction	2
Further information on topics Links provided specific information on father-related topics are provided	2
Experiences of fathers Some examples of 'real life' stories from fathers facing PND are provided	2
Interaction General bulletin board for fathers to contribute	1
<b>Total score (out of a possible 18)</b>	<b>14</b>

NOTE: The score allocated is an indication of how well the website meets the needs of fathers in families with postnatal depression. It is not a judgement of the entire website.

# ST JOHN OF GOD BEAT BABY BLUES

www.beatbabyblues.com.au



## INFORMATION FROM THE ST JOHN OF GOD WEBSITE

St John of God Health Care is a leading provider of health and community services, with hospitals, pathology and outreach services throughout Australia and in Christchurch, New Zealand.

In NSW, SJOGHC is the largest not-for-profit provider of mental health care, with facilities including 2 private hospitals, 2 specialist consulting centres and 2 counselling and therapy centres.

Our mission is to provide health care services that promote life to the full by enhancing the physical, intellectual, social and spiritual dimensions of being human.

ST JOHN OF GOD BEAT BABY BLUES WEBSITE	SCORE
<b>FATHER-INCLUSIVE CRITERIA</b>	
Father specific	1
Minimal father-specific material	
Fathers' Self Care	0
No information on fathers' self care	
Fathers supporting the mother	0
No information on supporting the mother	
Father-infant interaction	0
No information on father-infant interaction	
Further information on topics	1
Links provided to further websites	
Experiences of fathers	0
Information provided by experts or professionals	
Interaction	0
No interactive capacity for fathers on the site	
<b>Total score (out of a possible 18)</b>	<b>2</b>

NOTE: The score allocated is an indication of how well the website meets the needs of fathers in families with postnatal depression. It is not a judgement of the entire website.

# THE BETTER HEALTH CHANNEL

www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Post\_natal\_depression\_the\_family



## INFORMATION FROM THE THE BETTER HEALTH CHANNEL WEBSITE

Better Health Channel: quality assured health and medical information

The Better Health Channel website was founded in 1999 by the Victorian Government, Australia as a consumer health information website for the Victorian community. It is now Australia's most popular health and medical website.

Thanks to the support of Better Health Channel visitors, partners and staff, what started as a modest website of around 100 facts sheets has now become a large repository of over 1,770 facts sheets, hundreds of healthy recipes, interactive features and calculators, directories and more.

THE BETTER HEALTH CHANNEL WEBSITE	SCORE
<b>FATHER-INCLUSIVE CRITERIA</b>	
Father specific	2
Some father-specific material	
Fathers' Self Care	2
Some information on fathers' self care	
Fathers supporting the mother	2
Some information on supporting the mother	
Father-infant interaction	0
No information on father-infant interaction	
Further information on topics	0
Information provided in summary form only	
Experiences of fathers	0
Information provided by experts or professionals	
Interaction	0
No interactive capacity for fathers on the site	
<b>Total score (out of a possible 18)</b>	<b>6</b>

NOTE: The score allocated is an indication of how well the website meets the needs of fathers in families with postnatal depression. It is not a judgement of the entire website.

# THE BLACK DOG INSTITUTE

www.blackdoginstitute.org.au/public/depression/inpregnancy/postnatal/fathers.cfm



## INFORMATION FROM THE BLACK DOG INSTITUTE WEBSITE

The Black Dog Institute is an educational, research, clinical and community-oriented facility offering specialist expertise in mood disorders - a range of disorders that include depression and bipolar disorder (formerly called 'manic depression'). The Institute is attached to the Prince of Wales Hospital and affiliated with the University of New South Wales.

THE BLACK DOG INSTITUTE WEBSITE	SCORE
<b>FATHER-INCLUSIVE CRITERIA</b>	
Father specific	1
Minimal father-specific material	
Fathers' Self Care	2
Some information on fathers' self care	
Fathers supporting the mother	0
No information on supporting the mother	
Father-infant interaction	0
No information on father-infant interaction	
Further information on topics	2
Links to specific information on father-related topics	
Experiences of fathers	0
Information provided by experts or professionals	
Interaction	0
No interactive capacity for fathers on the site	
<b>Total score (out of a possible 18)</b>	<b>5</b>

NOTE: The score allocated is an indication of how well the website meets the needs of fathers in families with postnatal depression. It is not a judgement of the entire website.

# THE WA HEALTH DEPARTMENT

www.kemh.health.wa.gov.au/health/emotional\_health/

INFORMATION FROM THE WA HEALTH DEPARTMENT WEBSITE

## Emotional Health for Parents - During Pregnancy and Beyond

Congratulations! Having a baby can be a very exciting time and you will probably feel all kinds of intense emotions.

This section explains some of the different emotions you may feel and provides information about supporting yourself during this time. When you have a baby, you might find yourself filled with love, joy, delight and surprise. After all, this is meant to be the happiest time of your life... right? The truth is having a baby is a very big challenge, so you might also feel stressed, frustrated, angry, confused or disappointed. All strong emotions are common and normal. It's even normal to go through dozens of emotions – both good and not so good – in just one day.

If you're finding it hard to cope, or just want to find out more about emotional health, click on the links below. Choose a Topic;

- [Becoming a Parent](#)
- [What is Emotional Health](#)
- [Common Emotional Problems](#)
- [What Causes Emotional Problems](#)
- [Emotional Health Across Cultures](#)
- [Treatment Options](#)
- [Help and Support](#)
- [Personal Stories of Depression and Anxiety](#)
- [Information for Health Professionals](#)



THE WA HEALTH DEPARTMENT WEBSITE	SCORE
<b>FATHER-INCLUSIVE CRITERIA</b>	
Father specific Some father-specific material	2
Fathers' Self Care Some information on fathers' self care	2
Fathers supporting the mother Some information on supporting the mother	2
Father-infant interaction No information on father-infant interaction	0
Further information on topics Links provided to further websites	1
Experiences of fathers Some examples of 'real life' stories from fathers facing PND are provided	2
Interaction No interactive capacity for fathers on the site	0
<b>Total score (out of a possible 18)</b>	<b>9</b>

NOTE: The score allocated is an indication of how well the website meets the needs of fathers in families with postnatal depression. It is not a judgement of the entire website.

## NOTES ON 'GUIDELINES FOR WEBSITES TO BE FATHER-INCLUSIVE'

### I. THE WEB MATERIAL SHOULD RELATE SPECIFICALLY TO FATHERS WHOSE WIVES OR PARTNERS MAY BE DEPRESSED \*

Health information that is tailored to participants' demographic, psychosocial and behavioural characteristics is more likely to be read and remembered, more often discussed with others and to be perceived as more interesting than generic health information. Tailored messages are effective because they reduce superfluous information, link to prior knowledge, allow staged health behaviour messages and encourage thoughtful consideration because the messages are perceived as more relevant. By contrast, simply 'personalising' health information, by using the participants name at the head of generic material, does not improve effectiveness.

#### SEE :

de Nooijer, J., Lechner, L., & de vries, H. (2002). Tailored versus general information on early detection of cancer: a comparison of the reactions of Dutch adults and the impact on attitudes and behaviors. *Health Education Research Theory & Practice*, 17(2), 239-252.

Dijkstra, A., & De Vries, H. (1999). The Development of Computer-Generated Tailored Interventions. *Patient Education and Counseling*, 36, 193-203.

Kreuter, M. W., Bull, F. C., Clark, E. M., & Oswald, D. L. (1999). Understanding How People Process Health Information: A Comparison of Tailored and Nontailored Weight-Loss Materials. *Health Psychology*, 18(5), 487-494.

Kreuter, M. W., & Strecher, D. (1996). Do tailored behavior change messages enhance the effectiveness of health risk appraisal? Results from a randomized trial. *Health Education Research Theory & Practice*, 11(1), 97-105.

#### FOR AN EXAMPLE OF DEVELOPING TAILORED INFORMATION FOR NEW FATHERS SEE:

Fletcher R, Vimpani G & Russell G 2008, "The evaluation of tailored email and web-based information for new fathers", *Child Care Health & Development* 4 (4), pp. 439-446

#### FOR PRACTICAL EXAMPLES OF CHANGING SERVICES TO BE FATHER-INCLUSIVE SEE:

[www.newcastle.edu.au/research-centre/fac/programs/fathers/fip/](http://www.newcastle.edu.au/research-centre/fac/programs/fathers/fip/)

## 2. THE WEB MATERIAL SHOULD ADDRESS THE FATHER-MOTHER RELATIONSHIP, THE FATHER INFANT RELATIONSHIP AND THE FATHER'S OWN WELL BEING \*

Fathers have three distinct areas of influence in families where there is parental postnatal depression.

- i) Fathers are a major source of support for depressed new mothers and fathers active support can improve treatment outcomes for mothers (which in turn effects children's ous).

### SEE FOR EXAMPLE:

Beardslee, WR., Wright, EJ., Gladstone, TR., Forbes, P. (2007). Long-Term Effects From a Randomized Trial of Two Public Health Preventive Interventions for Parental Depression. *Journal of Family Psychology*, 21 (4), 703-713

Holopainen, D. (2002). The experience of seeking help for postnatal depression. *Australian Journal of Advanced Nursing*, 19(3), 39-44.

Misri, S., Kostaras, X., Fox, D., & Kostaras, D. (2000). The impact of partner support in the treatment of postpartum depression. *Canadian Journal of Psychiatry*, 45(6), 554-8.

- ii) In families where the mother is depressed the mother-infant attachment is at risk since depressed mothers offer fewer sensitive responses to their infants. Father-infant attachment, which is not dependent on the security of the mother-infant attachment relationship can offer a buffer to protect infants and provide secure attachment.

### FOR FATHER-INFANT ATTACHMENT SEE:

van Ijzendoorn, M., & De Wolff, M. (1997). In Search of the Absent Father - Meta-Analysis of Infant-Father Attachment: A Rejoinder to Our Discussants. *Child Development*, 68(4), 604-609.

von Klitzing, K., Simoni, H., Amsler, F., & Burgin, D. (1999). The role of the father in early family interactions. *Infant Mental Health Journal*, 20(3), 222-237.

### FOR FATHER-INFANT RELATIONSHIPS AS BUFFER SEE:

Brunelli, S.A., Wasserman, G.A., Rauh, V.A., Alvarado, L.E., & Caraballo, L.R. (1995). Mothers' reports of paternal support: associations with maternal child-rearing attitudes. *Merrill-Palmer Quarterly*, 41(2), 152-171.

Chang, J. J., Halpern, C. T., & Kaufman, J. S. (2007). Maternal depressive symptoms, father's involvement, and the trajectories of child problem behaviors in a US national sample. *Archives of Pediatrics and Adolescent Medicine*, 161, 697- 703

Mezulis, A.H., Hyde, J.S., & Clark, R. (2004). Father involvement moderates the effect of maternal depression during a child's infancy on child behaviour problems in kindergarten. *Journal of Family Psychology*, 18(4), 575–588.

- iii) Fathers' own depression can impair the wellbeing of the mother and/or the child. Although the prevalence of depression among new fathers is less than for mothers the effects of fathers' postnatal depression on child development is similar to that for depressed mothers.

#### SEE FOR EXAMPLE:

Ramchandani, P., Stein, A., Evans, J., O'Connor, T. and the ALSPAC study team (2005). Paternal depression in the postnatal period and child development: a prospective population study. *Lancet*, 365 (9478), 2201-5.

Kahn, R. S., Brandt, D., & Whitaker, R. C. (2004). Combined effect of mothers' and fathers' mental health symptoms on children's behavioral and emotional well-being. *Archives of Pediatrics and Adolescent Medicine*, 158, 721-729.

Kane, P., & Garber, J. (2004). The relations among depression in fathers, children's psychopathology, and father-child conflict: A meta-analysis. *Clinical Psychology Review*, 24, 339-360.

### 3. THE WEB MATERIAL SHOULD INCLUDE INTERACTIVE OPTIONS, EXTENDED INFORMATION AND 'REAL LIFE' EXAMPLES

FOR THE IMPORTANCE OF INTERACTIVE HEALTH INFORMATION INCLUDING COMMUNICATION WITH 'OTHERS LIKE ME' SEE:

White, M., Dorman SM, (2001) Receiving social support online: implications for health education *Health Education Research*, 16, 6, 693-707,

Murray, E., Burns, J., See Tai, S., Lai, R., & Nazareth, I. (2005). Interactive Health Communication Applications for people with chronic disease. *The Cochrane Database of Systematic Reviews*(4).

FOR A DISCUSSION OF THE PLACE OF FATHER-SPECIFIC INTERACTIVE HEALTH INFORMATION SEE:

Fletcher, R, (2008) *The Assessment and Support of New Fathers: Father-infant attachment as a basis for psychosocial assessment and support*, Verlag, Berlin.

**THE FATHERS AND FAMILIES RESEARCH PROGRAM** at the Family Action Centre conducts research into fathers roles and family well being. Recent topics have included: Father's perceptions of help seeking after separation; Rough & Tumble play with fathers; Aboriginal father's ideas about fathering; Delivering child development information to separating parents with young children; Supporting fathers with children who have Autism Spectrum Disorders; New father's use of the web; Strengths of young parents; Strategies used by commuting parents with young children; and, Fathers' role in Children's Centres.

**THE AUSTRALIAN FATHERHOOD RESEARCH NETWORK** produces the AFRN bulletin three times a year and undertakes a variety of projects relating to fatherhood research. The AFRN Steering Group is Professor Trevor Cairney, University of New South Wales; Dr Richard Fletcher (Convenor AFRN), University of Newcastle; Professor Ilan Katz, University of New South Wales; Professor Bruce Maycock, Curtin University of Technology; Ms Sam Page, Family Relationship Services Australia; A/Professor Campbell Paul, Royal Children's Hospital, Victoria.

FOR FURTHER INFORMATION CONTACT RICHARD FLETCHER:

RICHARD.FLETCHER@NEWCASTLE.EDU.AU

