
PREDICTIVE FACTORS OF PATERNAL PERINATAL ANXIETY: A COMMUNITY-BASED MIXED METHOD STUDY

ATUL GEORGE DCRUZ

PHD SCHOLAR, CHRIST UNIVERSITY, BANGALORE,
EMAIL: atulgeorge.dacruz@res.christuniversity.in

DR. BHARATHI

ASSOCIATE PROFESSOR, CHRIST UNIVERSITY, BANGALORE,
EMAIL: bharathi@christuniversity.in

Abstract

The research aims to find out the factors that are affecting mental health during the perinatal phase. This study moreover tries to find out how their masculine gender limits them from sharing their emotions and drags them to face anxiety and depression. It has been found that one in 10 men faced such type of anxiety after becoming parents which causes them not to cherish their parenthood. A mixed method has been used in this study to gather the information form, and for this, both primary qualitative and quantitative methods have been incorporated within the research. An interview of 10 people took place through the use of online meeting tools. Besides this 450 participants have been included for the survey methods. The result of the study shows that there are several influences that are the major cause of men being anxious in the perinatal period. Therefore the findings of the study suggest that the masculine nature of men, inability to express feelings, childhood trauma, and responsibility toward family and their future are some of the major influences behind people facing paternal perinatal anxiety.

Keywords: Paternal perinatal anxiety, Dissatisfaction relationship, Stereotypical view, Masculine nature.

1. INTRODUCTION

The effect of postpartum depression on mothers has been a significant topic in past research. The perinatal period starts from their trimester till the children turn 1 year and during this time the parents of a child face a lot of anxiety as it gets difficult to cope with new situations due to the arrival of a baby. The research has moreover identified not only females but also males during the perinatal period. The epistemology and the incidence of this type of depression are still remaining as a puzzle for researchers. However, the research has shown that females or mothers who have parents who faced depression more than six times are more likely to have “worsened depressive symptoms” after six months of postpartum². A person who is suffering from paternal perinatal anxiety might have a ghastly effect on their family and children.

The stress of having a lack of family planning and financial resources right after becoming a parent is quite normal. However, when this stress turns into anxiety, the problem starts for men. In comparison with women, men are likely to share their emotions and thoughts which lead them to have anxiety and depression. As a result, they might face complexity in maintaining a good

relationship with their family, partner and children. It affects the well-being of the father negatively in a way that they lose their bond with family². Paternal perinatal anxiety can take place due to the effect of factors namely, the stress of parenting, maternal depression, the stress of gender roles, domestic violence and so on. In the present time, it can be seen within the males as well. For example, research has shown that being a father for the very first time can cause a lot of concerns for a man.

Have concerns regarding healthy birth, low satisfaction in partnership and most importantly concerns regarding the future of their family. These reasons can be a major factor for a man to have depression and anxiety. As per the statistics, it has been seen that among 10 men, 8 men are going through anxiety that belong to the age group from 25-45³. However, only 1 in 10 men faces paternal perinatal anxiety. Anxiety negatively impacts the daily lives of people which can restrict them from living a satisfactory life.

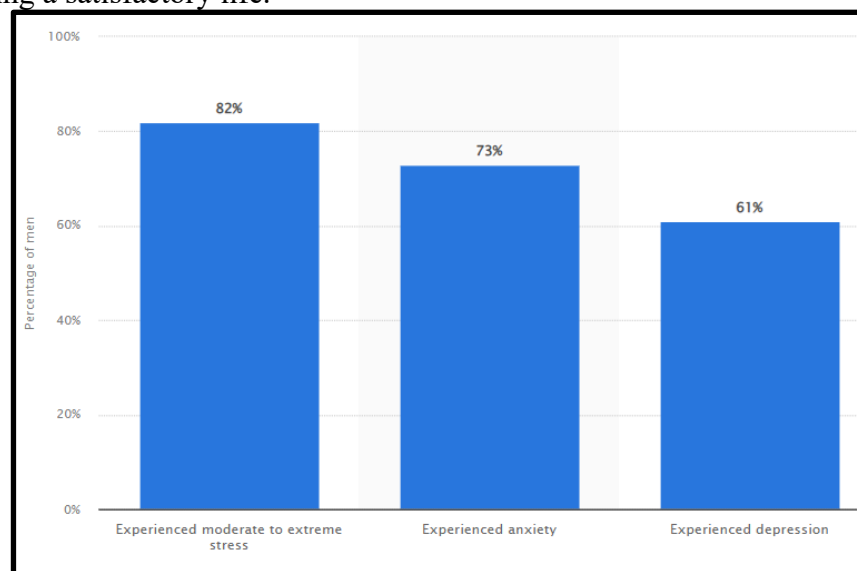


Figure 1: Percentage of men facing anxiety and depression
(Source:³)

Anxiety can take place for several reasons within men. Dissatisfaction in the male body has the tendency to have anxiety. This type of anxiety can cause males to face issues like fatigue along with disturbance in sleeping, and loss of appetite. Moreover, men with prenatal anxiety face other complex issues namely, sudden outbursts of anger or emotion, lower motivation, several health issues, poor concentration and many more⁴. This type of situation makes it difficult for men to survive and increases through attempting suicide. As mentioned previously nowadays men face anxiety more often due to the pressure of society and responsibilities and as a result it. If proper action is not taken, it can appear as a threat to them. However, it sometimes gets difficult to understand what is the strongest factors that cause depression in men and this is going to be identified through this research.

2. RESEARCH AIM

This research aims to identify the most influential factor that is causing Paternal Perinatal Anxiety.

Research Objective

RO1: To investigate the major influences that cause paternal perinatal anxiety.

RO2: To discuss the relationship between masculine gender and mental distress in men during the perinatal phase.

RO3: To recommend ways to help men prevent paternal perinatal anxiety.

3. RESEARCH HYPOTHESIS

H0: *There is no potential relationship between the thoughts of future uncertainty and paternal perinatal anxiety*

H1: *There is a close relationship between the thoughts of future uncertainty and paternal perinatal anxiety*

H0: *Masculinity and avoidance of emotion are not closely related to mental distress in men in the perinatal phase*

H1: *Masculinity and avoidance of emotion are significantly correlated with mental distress in men in the perinatal phase*

4. SIGNIFICANCE OF THE STUDY

The previous discussion has mentioned that perinatal anxiety takes place within men when they become parents. The lack of knowledge and stress of an increase in responsibility cause them to face severe anxiety. Due to such circumstances, it becomes complicated and challenging for men to do the daily tasks and survive. They lose connection with society, their family and their belongings. Thus it is highly important to conduct research on this topic so that men can have enough parenting time without facing any difficulties. Therefore, this gets much more relevant as the investigation of the major factors that are causing anxiety in the perinatal phase can potentially help people avoid such impacts along with taking proper measures to recover from such anxiety.

5. LITERATURE REVIEW

Psychological distress men face after becoming parents

The Time of parenting is both joyous and stressful as they feel the happiness of being parents and also the stress about parenting and future security. However, studies have identified that the satisfaction of couples often shows a decline when the transaction with the parent takes place. The incapability of parents accepting these transition acts as psychological distress in men. Researchers have also disclosed that the symptoms of this type of depression are more prevalent for women when compared to men⁵. However, the symptoms are a little different. It has come to the surface that men do not show emotion that can be seen in women. For example, symptoms like crying or emotional outbursts are usual for men. It can be problematic for men as they do not show emotion and this may impact negatively more on their mental health. Besides this, the unavailability of showing emotion limits them from recovering from such a situation.

Studies have moreover acknowledged that the stress of parenting is closely related to adult functioning along with the quality of the relationship between parent and child and the functioning of the child. Males go unnoticed when it comes to paternal perinatal anxiety because of the masculine nature of their gender. Females feel it easier to express their feelings; while on the other

hand, males find it highly challenging to express themselves. As a result, men feel excessive depression, burnout, lack of concentration and many other health and mental issues. In a study by⁶, 4.9% of fathers face anxiety and depression symptoms up to 25 months after the birth of the child. Thus, this is an emerging matter of concern for men as they face excessive anxiety for a longer period which makes it difficult for them to overcome that.

The risk factors related to paternal perinatal anxiety are different for men and women as mentioned previously the symptoms are different for both genders. This is basically due to their dissimilarities of responsibilities. The responsibilities that a father has to take are totally different from those of females. A father, after the birth of his child, has to start think about the responsibility of him regarding the future of the child and the family. He has to think about providing a good education, and health security for which the need for financial strength gets even more. This is because around 10% of males in Australia have faced postnatal depression while 9.8% of males in Germany faced prenatal depression and 7.8% faced depression postnatal⁷. Thus the stress of providing a better life a future to their child causes them to face a stressful situation. This type of situation can lead to trauma and make them anxious. In recent times, this topic has become a huge concern for people around the world.

Besides the Western countries, Asian countries have faced similar issues. It has been found that 12.5% of fathers in China have perinatal depression. Apart from that, 11.6% of Japanese fathers have suffered from perinatal anxiety and depression⁷. The transition of being a parent is one of the most wonderful feelings and one of the most important transitions in life. For some people, it is a blessing and for some, it is a reason for vulnerability, uncertainty and anxiety. However, not a large amount of research has been conducted on this topic and it has also not been recognized as a psychiatrist disorder officially⁸. This type of depressive symptom when combined with anxiety can turn into somatic symptoms besides drug and alcohol abuse. It cannot be officially announced as a psychological disease; however, it is important to get professional help to get out of such a situation otherwise it can be dangerous for an individual.

Risk factors of perinatal parental mental health

Adverse parental mental health is one of the most significant challenges for fathers of the natal after getting their birth. Different types of personal factors impact fathers, including stress, anxiety and depression. Sometimes negative attitudes of parents about pregnancy, the consequences of the birth of neonatal babies and the initial period of the babies after giving birth. The lower level of “self-efficacy” and “responsiveness” among fathers affect the stress level of the male partners⁹. The fathers are sometimes the victims of lower levels of “incompetencies” that affect the paternal perinatal stress of a person. Lower levels of coping strategies with the situations created another level of stress among fathers, along with the lower rate of experience and knowledge about the care and treatment of natal babies¹⁰. Besides that, the family history of mental illness and the genetic issues among fathers awaken the stress level among them after having the babies.

Different “parenting stress” and the post-traumatic situations after the birth of neonatal babies instigate anxiety among fathers. The consuming fear of failure associated with taking care of the babies creates another level of anxiety among fathers. The postnatal issues in the mental level begin during the pregnancy period, and due to that, those long-lasting effects impact the anxiety issues of the fathers of the babies. Insecurities among fathers related to the relationship attachments and demands create mental issues among fathers of the natal babies¹¹. Sometimes, the lower rate of education with inappropriate knowledge about the proper care of natal babies influences the mental psyche of fathers, resulting in anxiety among fathers. Fathers become restless and the lower

rate of controlling power of their anger-related issues during the initial period of the birth of children causes higher levels of emotional instability among them¹². Apart from them, the frequent usage of alcoholic substances causes anxiety levels among the fathers.

The history of psychiatric illness among family members causes depression levels among fathers and impacts the psychology of fathers. Negative lifestyles within the perinatal period including physical illness, demise case of family members and the deportation of family members from their relatives, result in depression levels among fathers during the perinatal period. Adverse childhood experiences of individuals have created various blockages within the mental health of fathers and those blockages hamper the proper caring of the natal babies after their birth¹³. Besides that, the marital distress among male partners guides their reactions within the perinatal period of babies. Several numbers of children in life drag the emotional eloquence of a father toward depressive mood, resulting in the anxiety of fathers of perinatal. The criminal history among fathers affects the factors of depression and those depressive emotions affect the behavioural approaches of fathers of perinatal babies¹⁴. The professional stress and depression among the male partners hamper the emotional sanctity of fathers during the perinatal period.

Impact of Paternal perinatal stress on the emotion of children

Paternal stress impacts the emotional factors of children, resulting in an imbalance within the emotional balance of children. Negative behavioural approaches of fathers cause changes within the behavioural aspects of children. Children learn “emotional regulation” after following their fathers’ attitude toward everything and thus, the modelling behaviour adopted by the children¹⁵. Evaluating the stress and anxiety levels among their fathers, children can adopt similar mechanisms within their lives. The interaction between parents and children leads to a sensitive communication system among children and most of the time, fathers are struggling with various emotional challenges¹⁶. Less sensitive and “responsive parenting” resulted in struggles in the emotional development of children since birth. The attracting power of the children is always at a high level and due to that power, they can easily pick up the negative emotional factors of their fathers. Anxiety and stress-related issues among children after experiencing those among their fathers are the most common issues of the present situation.

The transmission of different types of emotional issues among children is a significant problem that has to be faced by the fathers after the child is birth. Parental stress influences the “epigenetic changes” within the genetic formation of the genes of fathers. Those genetic problems impact the stress level of children and the regulations of their emotional turmoil¹⁷. The entire family system and structure are the regulation of fathers and for the effect of negative emotional issues among their mental conditions, children experience fear and depressed state since their childhood. Family dynamics are affected by conflicts and the cohesion of the relation between the family members decreases, affecting the emotional well-being of a child¹⁸. Children feel anxious and hopeless with the behavioural changes of their fathers and attachment-related issues. A lower rate of “emotional intelligence” among children is the aftermath of the impact of negative emotional factors on the fathers.

Different types of “neurodevelopmental” disorders create a shadow within the process of development of the children from their childhood. “Autism spectrum” and “attention hyperactivity disorder” among children are the most common issues that have to be faced by children due to the effect of paternal emotional issues. The “inflammatory responses” and the reaction of stress hormones to the emotional output of children play an important role¹⁹. Along with this, the mental development of the children with the emotional support of fathers gets hampered. Studies show

fact that there is a strong interlinked between the temperament of children and their personality traits upon the negative emotional attitude of their fathers. The cognitive attitude among children is impacted by the emotional issues of their fathers including their learning capabilities, disabilities related to their intellectuality, and “cognitive impairment”²⁰. “Schizophrenia” and “Psychosis” are the issues that children face the children for the differences in neurotransmission system and immune responses of the emotional issues of the fathers of the prenatal babies.

6. Theoretical underpinning

The Bioecological Model focuses on generating a framework for complex interactive evaluations between different individuals and the surrounding environmental systems present around them. Paternal perinatal stress level varies depending on the level-based differences present within the environment. The impacting factors present in their surrounding environment generate navigating scopes regarding the well-being of the father, the partner, and the baby altogether²¹. The Bioecological model can be divided into different systems including Microsystem, Mesosystem, Ecosystem, Macrosystem and Chronosystem. Among these levels, the most interactive level is the microsystem which indicates the immediately connected environment that directly bears implications upon an individual, including their family members, acquaintances, and their day-to-day activities²². This system draws implications upon the interaction of the father with the partner that significantly navigates the effectiveness of their parenting. The emotional availability of the father is impacted by this system which can lead to conflict development within the family including the father and the other members.

The involvement of the father in rearing the child is highly impacted by the environment that develops the child mentally and physically. The system is followed by the Mesosystem which includes different interactive Microsystems, including the professional and family life of the father. Professional stress can lead a family life negatively and can bear important implications within the interaction between the father and the child²³. On the other hand, the workplace performance of a father and the level of job satisfaction are impacted highly by the situation of the interactive relationship between the father, the mother and the baby. A ripple effect is created by these interactions that generate significant implications upon the dynamics of the growth of the infant to a child gradually²⁴. Ecosystem is the third stage that generally refers to the broader system of the society that does not bear any direct involvement of the individuals but the immediate environmental impacts are created.

Community-related resources, social services and the policies of the workplace are the main features of this level of system that include different factors. Variables like leave policies of the company a father is attached to, the workplace support he acquires, and different community resources impact both positively and negatively upon the wellbeing of the father. Inadequate policies enhance the level of stress that negatively affects the well-being of the father, leading to the disruption of interaction between the father and the baby²⁵. The outer layer of the ecosystem is known as the macrosystem which includes broader sociocultural and economic contexts present within every possible system of a country. Societal expectancy levels towards specific gender communities and the cultural approaches towards fatherly individuals generate significant influence on paternal health and the stress level imposed upon a father²⁶. The outermost layer is known as Chronosystem which refers to the time dimension that includes transitions of lives and different historical incidents.

The changes in the cultural perspective of paternal stress influence and the role of the father in parenthood are witnessed over distinct periods. The evolution of the social norms and the economic

transition of a nation change the cultural and social positions present within the country. Depending upon the temporal factors the nature of the stress and the parenting process procured by the fathers of the newborn get changed. The increment of paternal stress generates impairment in the bonding of the father and the infant.

7. METHOD

The method that has been used for this study mixed method and for this, both the qualitative and quantitative approaches have been used. The use of both qualitative and quantitative methods helps a researcher to include two different types of data collection methods that ensure the quality of the research. Along with this, the primary way has been adopted to collect the data. Thus, both the primary qualitative and primary quantitative methods have been used for collecting data from primary sources which made it possible for the research to get a data set of a huge number of data sets²⁷. The survey has been conducted to collect primary quantitative data, while, a face-to-face interview has been arranged to gather primary qualitative data. The use of the survey method helped the researchers get the opinions of a huge portion of the population. On the other hand, the interview method enables the researcher to get the opinion of the individuals as they were able to express their thoughts through the interview method.

Purposive sampling has been adopted to identify the sample population using the primary qualitative method. This type of sampling creates an opportunity for the researcher to find out the certain sample group within the present sample population who are suitable for specific research. Similarly, through purposive sampling, the identification of the participants for the interview was done²⁸. The participants have been selected based on their experience of fatherhood or people who are would-be fathers, their gender and if they have faced anxiety or depression. Thus for the construction of the survey, a Google form has been used which has been mailed directly to the participants. Along with that, tools like Zoom and Google Meet have been used for interviews, based on the availability and accessibility of the participants.

A set of 5 open-ended questions was created in 10 people were selected as the participants for the interview. Along with this, a response of 450 has been selected for the survey method in which a set of 17 questions has been included and among them 4 questions was demographic and the rest were close-ended questions related to the topic. SPSS too has been used for the analysis of the survey results and transcript analysis has been done for discussing the interview responses.

8. RESULT AND DISCUSSION

Interpretation of Survey result



Figure 2: Demographic information
(Source: Google form)

The upper picture visualises the characteristics of the participants who took part in the survey method. This shows the age, marital status, employment status and number of children the participants have. It can be noticed that there are participants who already have children and still face anxiety in perinatal time.

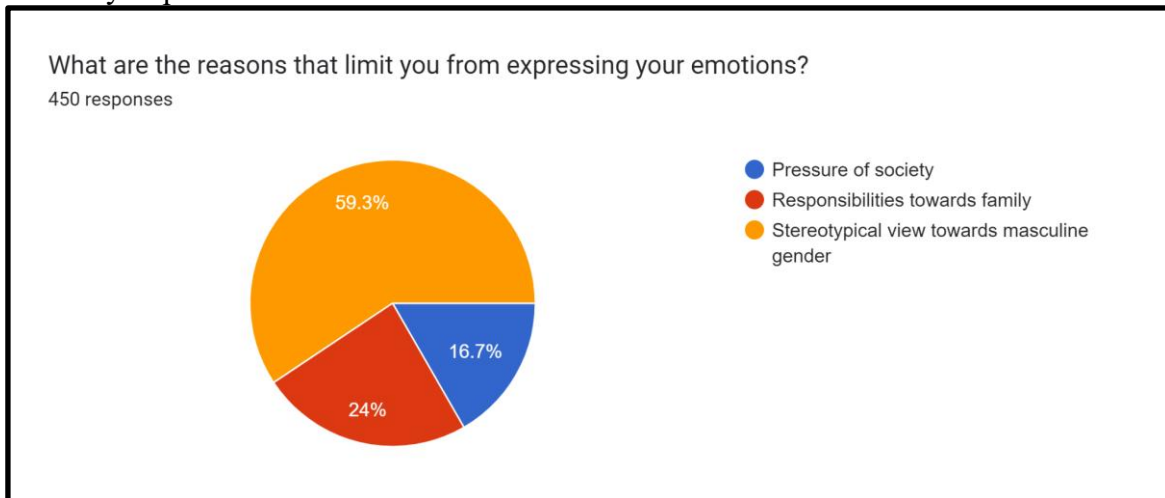


Figure 3: Reasons that limiting men to express their emotions
(Source: Google form)

The upper picture portrays the limitations that men face when expressing their feelings. There were three factors included in the questionnaire which are, “Pressure of society”, “Responsibilities towards family”, and lastly “Stereotypical view towards masculine gender”. Most stated that the stereotypical view of society is one of the major causes behind them not experiencing themselves enough. Following this, there were some other reasons that caused men not to express themselves which is the responsibility of their family as 24% of the participants have responded to this option.

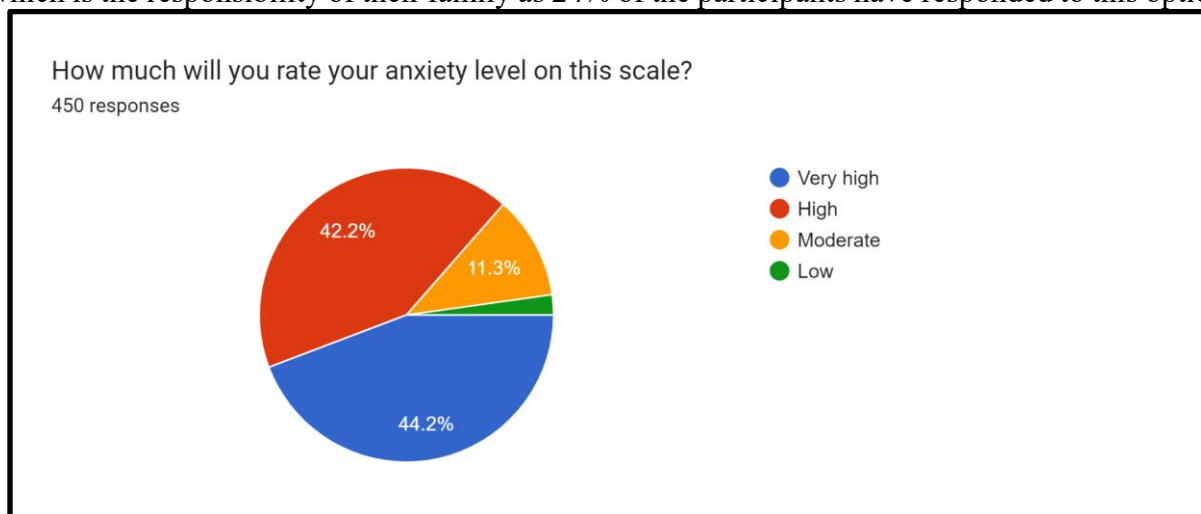


Figure 4: Anxiety level within men
(Source: Google form)

This research has included people from different regions and it has been found that most of them face paternal perinatal anxiety. Approximately 44% of participants think that they felt a very high level of anxiety during that phase. While around 42% of men face high anxiety levels in the

perinatal phase. There are people who feel less anxiety during that time which indicates that more or less a huge number of men go through such difficulties in the perinatal phase.

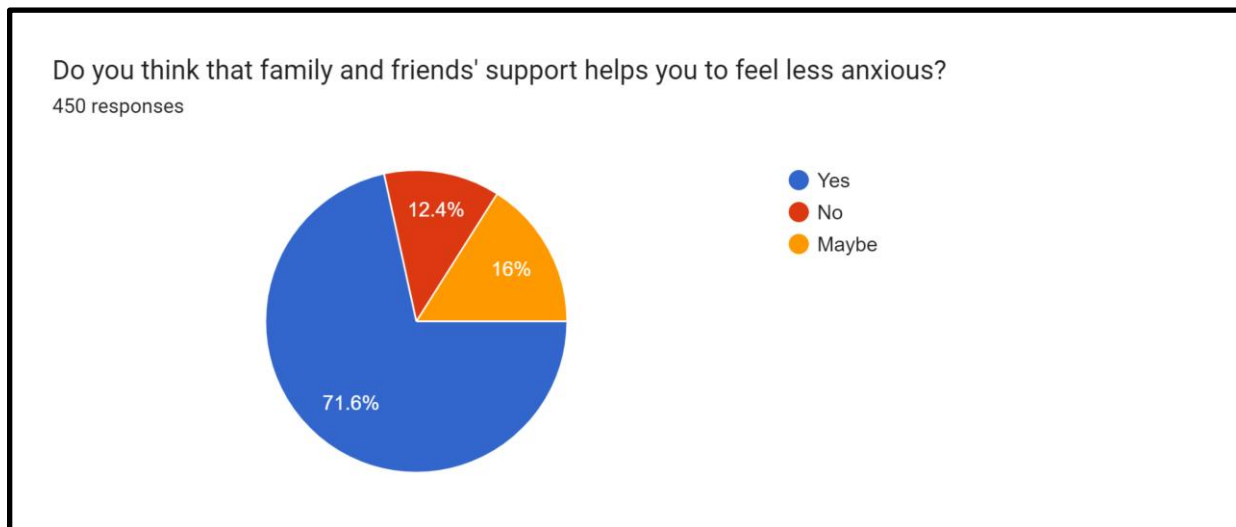


Figure 5: Family and friends' as an emotional support

(Source: Google form)

This chart suggests that people who have talked about their feelings and expressed their emotions the friends and family tend to have less depression and anxiety. It can be seen that more than 71% of participants who took part in the survey method have mentioned that the support of friends and family has made them feel less depressed and anxious. However, some people have denied the fact and some of them are confused about whether they feel at ease when talking to their close ones about their problems.

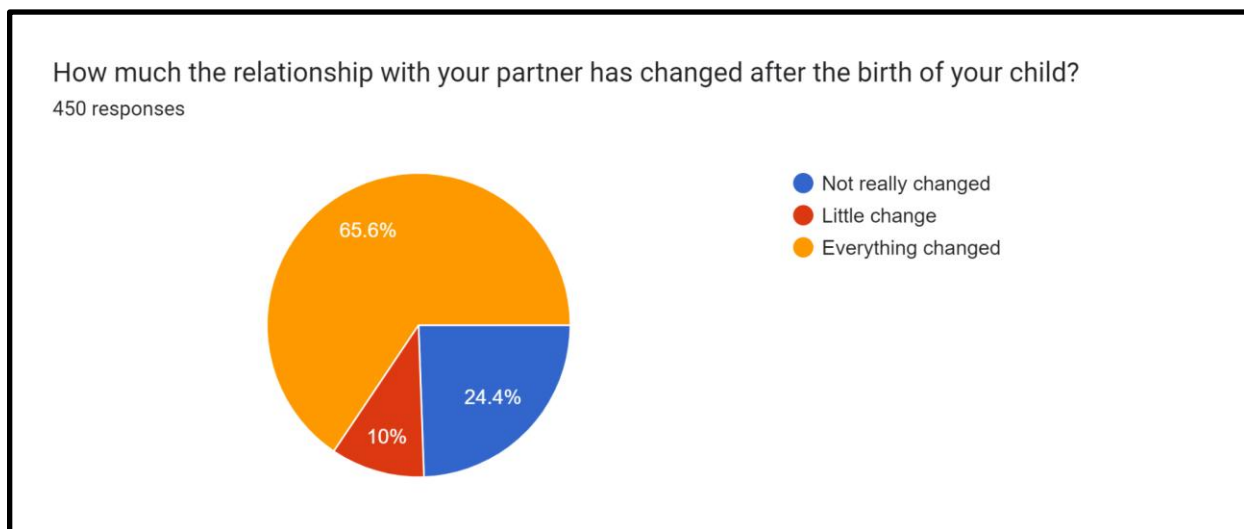


Figure 6: Changes in the couple's relationship after the birth of a child

(Source: Google form)

After the birth of a child, a lot of things change in the lives of both the father and mother. When talking about the father, that type of change can cause them to feel depressed. The upper graph portrays that more than 65% of the participants have felt that after the birth of their child, their

relationship with their partners has totally changed increasing the high chances of them facing perinatal anxiety.

Correlation analysis

		Correlations																
		What is your age?	What is your marital status?	What is your employment status?	Number of children you have	Was your recent or last pregnancy planned?	Did you look after the health of your partner after birth of your child?	How concerned do you feel when you think about the future of your family?	Do you express your emotions to your partner or any close friend?	What are the reasons that limit you from expressing your emotions?	Is there any family history of depression and anxiety?	Do you have any childhood trauma or witnessed family violence?	How much will you rate your anxiety level on this scale?	Do you think that family and friends' support helps you to feel less anxious?	How much the relationship with your partner has changed after the birth of your child?	How satisfied are you with your current relationship with your partner after the birth of your child?	Do you access any professional support to help yourself to cope with this transition to fatherhood?	Do you feel that consulting with professional support helps to get over anxiety?
What is your age?	Pearson Correlation	1	.292**	.142**	.136**	-.145**	-.098	.071	.036	-.031	-.101*	-.175**	-.026	-.128**	-.083	-.094	-.144**	-.165**
	Sig. (2-tailed)		.000	.003	.004	.002	.038	.131	.452	.509	.032	.000	.589	.007	.080	.047	.002	.000
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
What is your marital status?	Pearson Correlation	.292**	1	.263**	.271**	.044	.013	.137**	.054	.052	.037	-.006	-.025	.069	.082	.116*	.087	.043
	Sig. (2-tailed)			.000	.000	.350	.788	.004	.252	.270	.431	.891	.599	.142	.083	.014	.067	.361
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
What is your employment status?	Pearson Correlation	.142**	.263**	1	.321**	.178**	.136**	.149**	.112*	-.023	.091	.056	.199**	.154**	-.042	-.041	.010	.073
	Sig. (2-tailed)				.000	.000	.004	.002	.018	.629	.054	.237	.000	.001	.377	.387	.840	.123
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
Number of children you have	Pearson Correlation	.136**	.271**	.321**	1	.181**	.166**	.122**	.172**	.042	.113*	.133*	.113*	.209**	-.011	.057	.272**	.097
	Sig. (2-tailed)					.000	.000	.010	.000	.379	.016	.005	.016	.000	.824	.229	.000	.041
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
Was your recent or last pregnancy planned?	Pearson Correlation	-.145**	.044	.178**	.181**	1	.636**	.143*	.125*	.171**	.585**	.581**	.110*	.494**	.287**	.337**	.421**	.521**
	Sig. (2-tailed)						.000	.002	.008	.000	.000	.000	.020	.000	.000	.000	.000	.000
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
Did you look after the health of your partner after birth of your child?	Pearson Correlation	-.098	.013	.136**	.166**	.636**	1	.168*	.093	.235*	.449**	.402**	.106*	.401**	.231**	.297**	.403**	.414**
	Sig. (2-tailed)							.000	.050	.000	.000	.000	.025	.000	.000	.000	.000	.000
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
How concerned do you feel when you think about the future of your family?	Pearson Correlation	.071	.137**	.149**	.122**	.143*	.198**	1	.130*	.086	.146*	.157**	.313*	.141**	.044	.075	.168**	.199**
	Sig. (2-tailed)						.000		.006	.068	.002	.001	.000	.003	.351	.111	.000	.000
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
Do you express your emotions to your partner or any close friend?	Pearson Correlation	.036	.054	.112*	.172**	.125*	.093*	.130**	1	.036	.053	.139**	.146**	.155**	.079	.059	.071	.119*
	Sig. (2-tailed)						.008	.000		.446	.261	.003	.002	.001	.093	.213	.131	.011
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
What are the reasons that limit you from expressing your emotions?	Pearson Correlation	-.031	.052	-.023	.042	.171**	.235*	.086	.036	1	.183**	.187**	.072	.170**	.530**	.515**	.271**	.249**
	Sig. (2-tailed)						.000	.068	.446		.000	.000	.125	.000	.000	.000	.000	.000
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
Is there any family history of depression and anxiety?	Pearson Correlation	-.101*	.037	.091	.113*	.585**	.449**	.146*	.053	.183**	1	.678**	.157**	.428**	.262**	.290**	.475**	.502**
	Sig. (2-tailed)						.000	.002	.261	.000		.000	.001	.000	.000	.000	.000	.000
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
Do you have any childhood trauma or witnessed family violence?	Pearson Correlation	-.175**	-.006	.056	.133**	.561**	.402**	.157**	.139**	.187**	.678**	1	.256**	.480**	.273**	.316**	.504**	.517**
	Sig. (2-tailed)						.000	.001	.003	.000	.000		.000	.000	.000	.000	.000	.000
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
How much will you rate your anxiety level on this scale?	Pearson Correlation	-.026	-.025	.199**	.113*	.110*	.196*	.313*	.146*	.072	.157**	.256**	1	.239**	-.008	.072	.090	.236**
	Sig. (2-tailed)						.000	.002	.125	.001	.000	.000		.000	.862	.129	.057	.000
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
Do you think that family and friends' support helps you to feel less anxious?	Pearson Correlation	-.128**	.069	.154**	.289**	.484**	.461**	.141**	.155**	.170**	.428**	.480**	.239**	1	.279**	.263**	.491**	.504**
	Sig. (2-tailed)						.000	.003	.001	.000	.000	.000	.000		.000	.000	.000	.000
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
How much the relationship with your partner has changed after the birth of your child?	Pearson Correlation	-.083	.082	-.042	-.011	.287**	.231**	.044	.078	.530**	.262**	.273**	-.008	.279**	1	.590**	.338**	.263**
	Sig. (2-tailed)						.000	.351	.093	.000	.000	.000	.862	.000		.000	.000	.000
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
How satisfied are you with your current relationship with your partner after the birth of your child?	Pearson Correlation	-.094*	.116*	-.041	.057	.337**	.297**	.075	.059	.515**	.290**	.318**	.072	.263**	.590**	1	.352**	.343**
	Sig. (2-tailed)						.000	.111	.213	.000	.000	.000	.129	.000	.000		.000	.000
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
Do you access any professional support to help yourself to cope with this transition to fatherhood?	Pearson Correlation	-.144**	.087	.010	.272**	.427**	.403**	.168**	.071	.271**	.475**	.504**	.090	.491**	.338**	.352**	1	.590**
	Sig. (2-tailed)						.000	.000	.131	.000	.000	.000	.057	.000	.000	.000		.000
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450
Do you feel that consulting with professional support helps to get over anxiety?	Pearson Correlation	-.165**	.043	.073	.097*	.521**	.414**	.199**	.119*	.249**	.502**	.517**	.236**	.504**	.263**	.343**	.590**	1
	Sig. (2-tailed)						.000	.000	.011	.000	.000	.000	.000	.000	.000	.000	.000	.000
	N	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450	450

** Correlation is significant at the 0.01 level (2-tailed).
* Correlation is significant at the 0.05 level (2-tailed).

Figure 7: Correlation table

(Source: Google form)

The upper table portrays the correlation table that portrays the relationship between the variables. Through the table, it can be seen that most of the value of Pearson correlation with the dependent variable is either close to "1" or "0" which indicates that there is a close relationship between the variables. However, some of the major IV-related questions are going to be analysed briefly with the dependent variable below.

Correlations				
		How much will you rate your anxiety level on this scale?	How much the relationship with your partner has changed after the birth of your child?	How satisfied are you with your current relationship with your partner after the birth of your child?
How much will you rate your anxiety level on this scale?	Pearson Correlation	1	-.008	.072
	Sig. (2-tailed)		.862	.129
	N	450	450	450
How much the relationship with your partner has changed after the birth of your child?	Pearson Correlation	-.008	1	.590**
	Sig. (2-tailed)	.862		.000
	N	450	450	450
How satisfied are you with your current relationship with your partner after the birth of your child?	Pearson Correlation	.072	.590**	1
	Sig. (2-tailed)	.129	.000	
	N	450	450	450

** . Correlation is significant at the 0.01 level (2-tailed).

Figure 8: Correlation between DV and IV1
(Source: Google form)

The correlation between the variable anxiety level with change in relationship and dissatisfaction with a partner is high. It can be seen in the upper picture that the value of the correlation between anxiety level and change in relationship is “-.008” which is closer to “0” and, the correlation value between anxiety level and dissatisfaction with a partner is “.072” which is closer to “0”. A correlation value which is closer to “0” signifies a close relation between the variables. Thus based on the upper analysis, it can be stated that these two variables, change in relationship and dissatisfaction with a partner are highly correlated with anxiety levels in men.

Correlations					
		How much will you rate your anxiety level on this scale?	How concerned do you feel when you think about the future of your family?	Do you have any childhood trauma or witnessed family violence?	Do you think that family and friends' support helps you to feel less anxious?
How much will you rate your anxiety level on this scale?	Pearson Correlation	1	.313**	.256**	.239**
	Sig. (2-tailed)		.000	.000	.000
	N	450	450	450	450
How concerned do you feel when you think about the future of your family?	Pearson Correlation	.313**	1	.157**	.141**
	Sig. (2-tailed)	.000		.001	.003
	N	450	450	450	450
Do you have any childhood trauma or witnessed family violence?	Pearson Correlation	.256**	.157**	1	.480**
	Sig. (2-tailed)	.000	.001		.000
	N	450	450	450	450
Do you think that family and friends' support helps you to feel less anxious?	Pearson Correlation	.239**	.141**	.480**	1
	Sig. (2-tailed)	.000	.003	.000	
	N	450	450	450	450

** . Correlation is significant at the 0.01 level (2-tailed).

Figure 9: Correlation between DV and IV2, IV3 and IV6
(Source: Google form)

This table also shows the intercorrelation between the variables that can negatively influence people in paternal perinatal anxiety. It portrays the relationship between the level of anxiety and concern regarding family future, childhood trauma and family support. One can notice that the value of correlation between the increase in anxiety level and concern regarding the family's future is .313 which is closer to the value of "0". Besides this, the value of anxiety and childhood trauma due to family injuries is also close to the value of "0" which signifies a closer relation among these variables. Lastly, the value of the correlation between the level of anxiety and the impact of family and friends' support also shows a positive relation and it is also closer to "0" which states that the support of family and friends and sharing emotions can positively impact of the anxiety level of men.

Regression analysis

Model Summary									
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	Change Statistics			Sig. F Change
						F Change	df1	df2	
1	.334 ^a	.112	.104	.712	.112	13.980	4	445	.000

a. Predictors: (Constant), Do you express your emotions to your partner or any close friend?, What are the reasons that limit you from expressing your emotions?
, How concerned do you feel when you think about the future of your family?, How satisfied are you with your current relationship with your partner after the birth of your child?

Figure 10: Model summary
(Source: Google form)

Model supply shows the value of R represents the correlation between the variables. However, an R-value that is greater than 0.04 indicates a close relationship between the variables, thus it can be stated that the variables are closely related as the value here is ".334" which is greater than 0.04. The difference between the value of adjusted R square and R square change signifies generalisation of the result and as the values are close it can be said that the result is not generalised.

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	28.310	4	7.077	13.980	.000 ^b
	Residual	225.281	445	.506		
	Total	253.591	449			

a. Dependent Variable: How much will you rate your anxiety level on this scale?

b. Predictors: (Constant), Do you express your emotions to your partner or any close friend?, What are the reasons that limit you from expressing your emotions?
, How concerned do you feel when you think about the future of your family?, How satisfied are you with your current relationship with your partner after the birth of your child?

Figure 11: ANOVA
(Source: Google form)

The value of significance in ANOVA states whether the result of the research is significant or not, In this case, a significant value that is less than 0.05 is considered a highly significant outcome and the significant value in this research is “.000” and this indicates that the result of this research is sign infant. Hence, the probability of the null hypothesis getting rejected as the significant value of this research is tolerable

Coefficients ^a						
		Unstandardized Coefficients		Standardized Coefficients		
Model		B	Std. Error	Beta	t	Sig.
1	(Constant)	.316	.089		3.553	.000
	How satisfied are you with your current relationship with your partner after the birth of your child?	.025	.045	.029	.549	.583
	How concerned do you feel when you think about the future of your family?	.306	.047	.295	6.516	.000
	What are the reasons that limit you from expressing your emotions?	.028	.052	.029	.546	.585
	Do you express your emotions to your partner or any close friend?	.109	.047	.105	2.320	.021

a. Dependent Variable: How much will you rate your anxiety level on this scale?

Figure 12: Coefficient
(Source: Google form)

The significant value of the coefficient table decides whether the null hypothesis is going to be rejected or accepted. A significant value that is less than 0.05 is considered a tolerable value. As one can see the variables that are present in the hypothesis and this coefficient table “the concern of men related to their parents” and “the availability of talking to friends and family about their feeling to reduce anxiety” are both in the tolerable level, thus 95% of them are under 0.05. These two variables represent the hypothesis here and the value is less than 0.05 which states that the null hypothesis has been rejected.

Analysis of the interview transcript

The responses of the interviewees portray similar perspectives regarding anxiety. When the participants were asked about the reason for their anxiety, some of them mentioned that besides the new experience of being a father, there are a lot of challenges they have to face due to their new-born nannies of children. This causes them a lack of sleep, tiredness, and mental and physical disarticulation from their partner. Besides this, they have also mentioned that childhood trauma is one of the major causes for them to face such anxiety and this is because they think they might end up like a family they used to be in.

According to the responses from the interviewer, even when becoming a father for the second time, paternal perinatal anxiety still takes place within them. No matter how many times they become father, every time feel anxious due to the changes. It has been asked the interviews whether sharing emotions helps them to feel less anxious and depressed, some of them said that it does not help them, while the majority stated that they noticed when they share their feeling with their friends

or close ones, it helps them to overcome the state they are going through. The participants were asked about the reason for which they did not express themselves. The participants responded by stating the cause is the image men have and tend to maintain. Some of the participants stated that they feel the pressure of responsibility and this they should not try to express themselves and in that meantime, they should work for their families.

DISCUSSION

The result of the survey portrays a clear picture of paternal perinatal anxiety along with the influences of each type of anxiety taking place. Based on the responses of the responses of the participants, it can be stated that there is a need to change the stereotypical view of women regarding men²⁹. Not only females but also older men start sowing facts like men need to be strong in society, they should not have emotions like females. The problem starts from there and it reaches its limit when a person gets through the most relevant yet critical changes in their lives, when they become fathers. They had to learn about coping with new situations causing problems in their relationship with their partners. It gets more challenging when the thought of future planning and securing the future of their close people strikes their mind, and the level of anxiety increases.

The situation for men gets worse when they cannot share their emotions with anyone and even sometimes they find it shameful, irrelevant or useless to get professional help. As per the result of the research, it has come to light, that when men get the chance to talk about their emotions with their family and friends, it helps them significantly to reduce their level of anxiety for them which has been found in the past researches as well³⁰. Also, some of the participants have agreed that getting professional help has been helpful for them in improving their situation. Apart from that the responses from the interview have helped in generating the idea that generational trauma or trauma faced in childhood is another significant influence behind people's facial anxiety. A lot of research has found a close relationship between these two aspects. Some of the interviews have clearly stated that the family trauma and violence they have witnessed is being a cause being this situation they are facing.

Through the analysis of the coefficient table in regression it has been possible to identify whether the hypothesis is reliable or not. The variables that are representative of the hypothesis have a value of more than 0.05 which indicates the null hypothesis has been rejected and the alternative hypothesis was accepted³¹. Thus it can be stated through the regression analysis that, the concern regarding the future of their family and safety acts as an influence that causes them to face paternal perinatal anxiety. The first hypothesis was about this which stated that;

“H1: There is a close relationship between the thoughts of future uncertainty and paternal perinatal anxiety”

Thus, the first hypothesis gets accepted and proven as the result of the regressing analysis and the responses of the interview participants show the same result. Along with this, some other causes create a situation for men that cause them to feel anxiety which is the pressure of society to keep their masculine nature which restricts them from expressing themselves. Due to the pressure of society, men do not show their emotions often like women do which leads them to face severe anxiety³². The second hypothesis that gets accepted also talks about this;

“H1: Masculinity and avoidance of emotion are significantly correlated with mental distress in men in the perinatal phase”

Therefore, the regression analysis also shows that sharing the internal challenges men face reduces when they share it with others and here the second hypothesis gets accepted and proven. The

objective is also mitigated through the outcome of the result. The first objective that has been included in the research is the identification of major influences that cause men to face paternal perinatal anxiety are major, stress and concern regarding their family and future, the stereotypical perspective of society regarding men's masculine nature, their childhood trauma, lack of opportunity of expressing their feeling, disturbance in the relationship with their partner.

The second objective also gets mitigated as it has been proved through the research that there is a close connection between the masculine gender and mental distress. As mentioned previously, the masculine nature limits men from doing a lot of things compared to a woman and as a result, they face anxiety in the perinatal phase. The last objective is going to be mitigated in the caution section by suggesting some ways for men to avoid such situations or recover from anxiety.

9. CONCLUSION

This discussion regarding the topic states that anxiety after the birth of a child within a father affects their social life. It has come to the surface from the primary analysis that it does not matter whether a person is becoming a father for the very first time or not, anxiety can take place at any time in that perinatal period. The result also suggests that, due to the stereotypical view of society regarding the masculine personality of men, they tend to hide their feelings which in turn cause them to face such type of anxiety. The responses of the participants have also shown a certain pattern which indicates that the unsatisfactory feeling from their relationship with their partner and the stress of the future is one of the major influences for men to feel anxious. Moreover, it can be consumed that, the past life of the people also influences their mental health in the present time as those memories become vivid when they think about the future of them with their family. Hence, this study finds out the major influences that cause paternal perinatal anxiety limiting men to live their fatherhood to the fullest.

It is highly important to take care of men besides taking care of females as they also go through similar types of issues. Society has injected the thought within people that men do not express their emotions and this is why, it is not common for men to express themselves to their close people or get any professional help. Thus, it is becoming highly significant to change the perspective of society in this regard so that men can also be able to express what they feel and in this way, it will be possible to reduce paternal perinatal anxiety.

Acknowledgement: The researchers show thanks to the supervisors for helping throughout the research and the participants for taking part in the data collection process.

Declaration: The researcher declares that no conflict or controversies took place while doing this research and after. Besides this, the research also ensures no plagiarism issues is present in the file.

REFERENCES

1. Chhabra J, Li W, McDermott B. Predictive factors for depression and anxiety in men during the perinatal period: A mixed methods study. *American Journal of Men's Health*. [Internet]. 2022 Feb [cited 2024 Aug 16]; 16(1):15579883221079489. Available from: DOI: 10.1177/15579883221079489
2. Mental Health Directorate. Paternal perinatal mental health: evidence review. [Internet]. Gov; 2024 [cited 2024 Aug 16]. Available from: <https://www.gov.scot/publications/paternal-perinatal-mental-health-evidence-review/pages/5/>

3. Vankar P. Percentage of men in the United States who experienced stress, anxiety, or depression in the past year as of April 2021 [Internet]. Statista; 2023 [cited 2024 Aug 16]. Available from: <https://www.statista.com/statistics/1248287/stress-anxiety-or-depression-past-year-among-us-men/>
4. Horsager-Boehrer R, M.D. 1 in 10 dads experience postpartum depression, anxiety: How to spot the signs [Internet]. Utswmed; 2021[cited 2024 Aug 16]. Available from: <https://utswmed.org/medblog/paternal-postpartum-depression/#:~:text=Watch%20for%20signs%20of%20paternal%20depression%20and%20anxiety&text=Men%20may%20experience%20some%20%E2%80%9Ctraditional,reluctant%20to%20talk%20about%20it>
5. Hughes C, Devine RT, Foley S, Ribner AD, Mesman J, Blair C. Couples becoming parents: Trajectories for psychological distress and buffering effects of social support. *Journal of affective disorders*. [Internet]. 2020 Mar 15[cited 2024 Aug 16]; 265:372-80. Available from: DOI: 10.1016/j.jad.2020.01.133
6. Johansson M, Benderix Y, Svensson I. Mothers' and fathers' lived experiences of postpartum depression and parental stress after childbirth: a qualitative study. *International journal of qualitative studies on health and well-being*. [Internet]. 2020 Jan 1[cited 2024 Aug 16];15(1):1722564. Available from: DOI: 10.1080/17482631.2020.1722564
7. Chhabra J, McDermott B, Li W. Risk factors for paternal perinatal depression and anxiety: A systematic review and meta-analysis. *Psychology of Men & Masculinities*. [Internet]. 2020 Oct;21[cited 2024 Aug 16]; (4):593. Available from: <http://doi.org/10.1037/men0000259>
8. Bruno A, Celebre L, Mento C, Rizzo A, Silvestri MC, De Stefano R, Zoccali RA, Muscatello MR. When fathers begin to falter: a comprehensive review on paternal perinatal depression. *International journal of environmental research and public health*. [Internet]. 2020 Feb [cited 2024 Aug 16];17(4):1139. Available from: DOI: 10.3390/ijerph17041139
9. Howard LM, Khalifeh H. Perinatal mental health: a review of progress and challenges. *World Psychiatry*. [Internet]. 2020 Oct;19 [Cited 2024 Aug 17]; (3):313-27. Available at: <https://onlinelibrary.wiley.com/doi/pdfdirect/10.1002/wps.20769>
10. Challacombe FL, Pietikäinen JT, Kiviruusu O, Saarenpää-Heikkilä O, Paunio T, Paavonen EJ. Paternal perinatal stress is associated with children's emotional problems at 2 years. *Journal of Child Psychology and Psychiatry*. [Internet]. 2023 Feb [Cited 2024 Aug 16];64(2):277-88. Available from: <https://acamh.onlinelibrary.wiley.com/doi/pdfdirect/10.1111/jcpp.13695>
11. Philpott LF, Leahy-Warren P, FitzGerald S, Savage E. Prevalence and associated factors of paternal stress, anxiety, and depression symptoms in the early postnatal period. *Global Mental Health*. [Internet]. 2022 Jan [Cited 2024 Aug 16];9:306-21. Available from: <https://doi.org/10.1017/gmh.2022.33>
12. Davenport C, Lambie J, Owen C, Swami V. Fathers' experiences of depression during the perinatal period: A qualitative systematic review. *JB1 evidence synthesis*. [Internet] 2022 Sep [cited 2024 Aug 16] 1;20(9):2244-302. Available from: <https://hull-repository.worktribe.com/OutputFile/4587863>
13. Fisher SD, Cobo J, Figueiredo B, Fletcher R, Garfield CF, Hanley J, Ramchandani P, Singley DB. Expanding the international conversation with fathers' mental health: Toward an era of inclusion in perinatal research and practice. *Archives of Women's Mental Health*. [Internet] 2021 Oct [Cited 2024 Aug 16] ;24(5):841-8. Available from: <https://doi.org/10.1007/s00737-021-01171-y>

14. Rajyaguru P, Kwong AS, Braithwaite E, Pearson RM. Maternal and paternal depression and child mental health trajectories: evidence from the Avon Longitudinal Study of Parents and Children. *BJPsych open*. [Internet] 2021 Sep [Cited 2024 Aug 16] ;7(5):e166. Available from: <https://doi.org/10.1192/bjo.2021.959>
15. Thiel F, Eberhard-Gran M, Garthus-Niegel S. The impact of perinatal life stress on infant temperament and child development: a 2-year follow-up cohort study. *Journal of Developmental & Behavioral Pediatrics*. [Internet] 2021 May [Cited 2024 Aug 16] 1;42(4):299-306. Available from: <https://doi.org/10.1080/02646838.2023.2223608>
16. Cardenas SI, Morris AR, Marshall N, Aviv EC, Martínez García M, Sellery P, Saxbe DE. Fathers matter from the start: The role of expectant fathers in child development. *Child Development Perspectives*. [Internet] 2022 Mar [Cited 2024 Aug 16];16(1):54-9. Available from: <https://doi.org/10.1111/cdep.12436>
17. Chhabra J, Li W, McDermott B. Predictive factors for depression and anxiety in men during the perinatal period: A mixed methods study. *American Journal of Men's Health*. [Internet] 2022 Feb [Cited 2024 Aug 16] ;16(1):15579883221079489. Available from: <https://doi.org/10.1177/15579883221079489>
18. Johansson M, Benderix Y, Svensson I. Mothers' and fathers' lived experiences of postpartum depression and parental stress after childbirth: a qualitative study. *International journal of qualitative studies on health and well-being*. [Internet] 2020 Jan 1 [Cited 2024 Aug 16] ;15(1):1722564. Available from: <https://doi.org/10.1080/17482631.2020.1722564>
19. Kothari A, Bruxner G, Dulhunty JM, Ballard E, Callaway L. Dads in Distress: symptoms of depression and traumatic stress in fathers following poor fetal, neonatal, and maternal outcomes. *BMC Pregnancy and Childbirth*. [Internet] 2022 Dec 22 [Cited 2024 Aug 16] ;22(1):956. Available from: <https://doi.org/10.1186/s12884-022-05288-5>
20. Hambidge S, Cowell A, Arden-Close E, Mayers A. "What kind of man gets depressed after having a baby?" Fathers' experiences of mental health during the perinatal period. *BMC Pregnancy and Childbirth*. [Internet] 2021 Dec [Cited 2024 Aug 16] ;21:1-0. Available from: <https://doi.org/10.1186/s12884-021-03947-7>
21. Rutkowska J, Lagisz M, Bonduriansky R, Nakagawa S. Mapping the past, present and future research landscape of paternal effects. *Bmc Biology*. [Internet] 2020 Dec 18; [Cited 2024 Aug 16] :1-24. Available from: <https://doi.org/10.1186/s12915-020-00892-3>
22. Chiang SC, Bai S. Bidirectional associations between parenting stress and child psychopathology: the moderating role of maternal affection. *Development and Psychopathology*. [Internet] 2023 Sep 29 [Cited 2024 Aug 16] :1-1. Available from: <https://doi.org/10.1017/S0954579423001177>
23. Brown SM, Schlueter LJ, Hurwich-Reiss E, Dmitrieva J, Miles E, Watamura SE. Parental buffering in the context of poverty: positive parenting behaviors differentiate young children's stress reactivity profiles. *Development and Psychopathology*. [Internet] 2020 Dec; [Cited 2024 Aug 16] 32(5):1778-87. Available from: <https://doi.org/10.1017/S0954579420001224>
24. Zheng X, Li Z, Wang G, Wang H, Zhou Y, Zhao X, Cheng CY, Qiao Y, Sun F. Sperm epigenetic alterations contribute to inter-and transgenerational effects of paternal exposure to long-term psychological stress via evading offspring embryonic reprogramming. *Cell discovery*. [Internet] 2021 Oct 27 [Cited 2024 Aug 16] ;7(1):101. Available from: <https://doi.org/10.1038/s41421-021-00343-5>
25. Cortes Hidalgo AP, Thijssen S, Delaney SW, Vernooij MW, Jansen PW, Bakermans-Kranenburg MJ, van IJzendoorn MH, White T, Tiemeier H. Harsh parenting and child brain

- morphology: a population-based study. Child maltreatment. [Internet] 2022 May;27(2) [Cited 2024 Aug 16]:163-73. Available from: <https://osf.io/preprints/psyarxiv/y9s7w/download>
26. Hellmann JK, Bukhari SA, Deno J, Bell AM. Sex-specific plasticity across generations I: Maternal and paternal effects on sons and daughters. *Journal of Animal Ecology*. [Internet] 2020 Dec [Cited 2024 Aug 16] ;89(12):2788-99. Available from: <https://besjournals.onlinelibrary.wiley.com/doi/pdf/10.1111/1365-2656.13364>
 27. Pandey P, Pandey MM. Research methodology tools and techniques. Bridge Center; 2021 Mar 6. P.1-118
 28. Hossan D, Dato'Mansor Z, Jaharuddin NS. Research population and sampling in quantitative study. *International Journal of Business and Technopreneurship (IJBT)*. [Internet]. 2023[Cited 2024 Aug 16];13(3):209-22. Available from: https://www.academia.edu/download/114529251/2_IJBT_263_5B209-222_5D.pdf_filename_UTF-82_IJBT_263_5B209-222_5D.pdf
 29. Staiger T, Stiawa M, Mueller-Stierlin AS, Kilian R, Beschoner P, Gündel H, Becker T, Frasch K, Panzirsch M, Schmauß M, Krumm S. Masculinity and help-seeking among men with depression: A qualitative study. *Frontiers in Psychiatry*. [Internet]. 2020 Nov 24[Cited 2024 Aug 16];11:599039. Available from: <https://doi.org/10.3389/fpsy.2020.599039>
 30. Gough B, Robertson S, Luck H. Engendered expressions of anxiety: men's emotional communications with women and other men. *Frontiers in Sociology*. [Internet]. 2021 Jun 29[Cited 2024 Aug 16];6:697356. Available from: <https://doi.org/10.3389/fsoc.2021.697356>
 31. Jain, R. and Chetty, P. How to interpret the results of the linear regression test in SPSS? [Internet]. Projectguru; 2024 [cited 2019 Sep 24,] Available from: <https://www.projectguru.in/interpret-results-linear-regression-test-spss/>
 32. Stanaland A, Gaither S, Gassman-Pines A. When is masculinity "fragile"? An expectancy-discrepancy-threat model of masculine identity. *Personality and social psychology review*. [Internet]. 2023 Nov[Cited 2024 Aug 16];27(4):359-77. Available from: <https://osf.io/preprints/psyarxiv/fgbk9/download>

Appendices

Appendix 1: Survey question

Demographic questions

1. What is your age?
 - a. 18-25 years old
 - b. 26-35 years old
 - c. 36-50 years old
 - d. 50 years above
2. What is your marital status?
 - a. Single
 - b. In a committed relationship
 - c. Married
 - d. Divorced
3. What is your employment status?
 - a. Employed
 - b. Self-employed
 - c. Unemployed
 - d. Others
4. Number of children you have

- a. Expecting first child
- b. 1
- c. 2
- d. More than 3

Questionnaire

PREDICTIVE FACTORS OF PATERNAL PERINATAL ANXIETY

DV: Paternal Perinatal Anxiety	5. How much will you rate your anxiety level on this scale? a. Very high b. High c. Moderate c. Low
IV1: Dissatisfaction in relationship with partner	6. Was your recent or last pregnancy planned? a. Yes b. No
	7. Did you look after the health of you partner after birth of your child? a. Yes b. No
	8. How much the relationship with your partner has changed after the birth of your child? a. Not really changed b. Little change c. Everything changed
	9. How satisfied are you with your current relationship with your partner after the birth of your child? a. Very satisfied b. Moderately satisfied c. Not satisfied
IV2: Stress of future	10. How much concerned do you feel when you think about the future of your family? a. Highly concerned b. Moderately concerned c. Not concerned
IV3: Lack of opportunity to express	11. Do you express your emotions to your partner or any close friend? a. Never b. Sometimes c. Very often
	12. Do you access any professional support to help yourself to cope with this transition to fatherhood? a. Yes b. No
	13. Do you feel that consulting with professional support helps to get over anxiety? a. Yes b. No

	14. Do you think that family and friends' support helps you to feel less anxious? a. Yes b. No c. Maybe
IV4: Stereotypical view on masculine nature	15. What are the reasons that limit you from expressing your emotions? a. Pressure of society b. Responsibilities towards family c. Stereotypical view towards masculine gender
IV6: Childhood family trauma	16. Is there any family history of depression and anxiety? a. Yes b. No
	17. Do you have any childhood trauma or witnessed family violence? a. Yes b. No

Appendix 2: Interview Transcript

What do you think about the main reason behind the Paternal stress occurring within a father after the child's birth?	
Person 1	The dissatisfaction related to their partners creates stress related to the child's birth
Person 2	The future fear related to the proper care and treatment of neonatal babies affects paternal stress after the birth of children
Person 3	The probability of getting affected the childhood trauma among children affects paternal stress
Person 4	Dissatisfaction related to married life instigates depression levels among fathers
Person 5	Different types of childhood trauma affect the emotional level of fathers and create paternal stress
Person 6	Stress-related factors in the relationship of parents impact the emotional issues
Person 7	Fear of improper care and support to children are the main reasons behind paternal stress
Person 8	Traumatic experiences in childhood affect depression and stress levels among the stress level of fathers
Person 9	Future stress related to paternal care differs from the emotional factors within the stress level of fathers
Person 10	Marriage related issues with partners impact the stress level among fathers
What are the anxiety symptoms that are felt during the perinatal parental period?	
Person 1	The fear creates a depressed mood that stays for a long
Person 2	A continual restlessness regarding the tension that the baby can remain unwell

Person 3	Irritated mind condition sustains during work time due to the sleepless nights during the first few months
Person 4	A serious level of depression that stops from doing any work
Person 5	Irritation caused by the stress related to the thought of the health condition of the baby
Person 6	Deviation of concentration in the workplace performance
Person 7	Problems regarding the concentration in the performance of the workplace
Person 8	A restlessness that lasts long
Person 9	A feeling of disappointment due to social isolation
Person 10	Fatigue due to insomnia
Is the level of stress lesser among the fathers who are undergoing the perinatal stage for the second time?	
Person 1	Not at all because the stress level depends upon the health condition of the partner and the baby
Person 2	Slightly depends upon the financial condition of the parents
Person 3	Depends upon the status of the pregnancy, means in case it is planned or unplanned
Person 4	The stress level is navigated by the health condition of the new born
Person 5	In case the post-natal condition of the mother does not remain well, the stress gets higher
Person 6	The health condition of the mother and the baby, and the financial situation of the parents, along with the nature of work can navigate the level of stress in case of second childbirth as well
Person 7	Yes, in the case of second childbirth, the stress level is significantly less
Person 8	In case of second childbirth, the health condition of the mother bears higher chance of deteriorating that leads to a higher stress level
Person 9	Yes, second childbirth is like going through the same processes repetitively
Person 10	Depends upon the morbidity symptoms of the mother and the baby
Does sharing emotions with close friends help in lessening stress?	
Person 1	No, I don't think it helps, especially for me, because most of my friends are unmarried and do not have any child
Person 2	No, it does not help because the problems are not always understood by others
Person 3	No, in case of tensions related to the health of the child, make people think that the father is showing extra care
Person 4	Yes, in case the family members and friends are empathetic, they can share with their emotional thoughts
Person 5	Yes, friends show their worth in lots of times regarding the paternal depression during the few weeks after delivery
Person 6	No, in the case of the father being over-caring for the baby, he is judged, and the same happens in the case of being over-caring for the mother
Person 7	Yes, friends can share with such emotional thoughts
Person 8	Depends upon the financial condition of the father because sometimes the acquaintances could think that they are asking for money in a passive way
Person 9	It depends upon whether the father is an extrovert or an introverted person

Person 10	Yes, friends and relatives both play a vital role in diluting the level of stress
What are the main causes behind not expressing the emotional turmoil going on inside the minds of the father of a newborn?	
Person 1	Social status maintenance is the main cause. Society does not allow fathers to break down.
Person 2	Societal pressure does not allow me to express my emotional side before people
Person 3	No time is present for a father to explore emotions, it is better to serve the responsibilities to the baby and its mother
Person 4	Stereotypical society does not allow male entities in a marital relationship to cry and show emotions
Person 5	Social stereotypes lead fathers being less emotional and serve their responsibilities without uttering a word
Person 6	Responsibilities come first, and there are other members like old parents in the family too
Person 7	A busy life does not give any leisure time to be emotional without serving responsibilities
Person 8	Societal stereotype is the main boundary between new fathers and their emotion showcasing
Person 9	The societal pressure is the main reason behind not showing any emotion
Person 10	Society pressurizes a father in remaining aloof from showing their emotions