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High Risk of Depression, Anxiety, and Poor Quality of Life among Experienced Fathers, But Not Mothers: A Prospective Longitudinal Study

Yi-Han Chen , Jian-Pei Huang , Heng-Kien Au , Yi-Hua Chen

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Highlights

- Paternal depression and social relations worsened during the postpartum period.
- Parity significantly affected perinatal mental health in men but not in women.
- Experienced fathers exhibited a significantly higher risk of paternal distress.
- Experienced fathers had significantly poorer physical health and social relations.

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