

A review on factors affecting fathers' anxiety during their wives' pregnancy and childbirth

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Introduction: Pregnancy is an important, vital, and valuable event at the same time glorious periods in couples's lives. Although pregnancy is an enjoyable event in life, it also pregnancy is one of the most sensitive and one of the most stressful periods in life, and is associated with many tensions. And these tensions affect the expectant fathers. in fact pregnancy is a challenging period not only for mothers, but also for expectant fathers. Becoming a father is a major milestone in a men's life and is described as a happy and promising moment. Although fatherhood is a wonderful experience, fathers may sometimes experience unpleasant feelings. The transition to parenthood causes major psychological and social changes in future parents and these changes are not just specific to mothers but also involve fathers. Fathers experience a wide range of concerns, worries, and fears during pregnancy. In fact, men, like women, display signs of anxiety (although to a lesser extent) during pregnancy, and first-time expectant fathers experience higher levels of anxiety compared with others. This study aimed to identify factors affecting fathers' anxiety during pregnancy and gain an understanding of their experiences during pregnancy.

Method and material: This study was a systematic review about the factors affecting fathers' anxiety during pregnancy. A systematic search was conducted in Electronic databases: PubMed Medline, Cochrane library, Science Direct, Springer, magiran, Sid. After the initial review and search based on the list of sources, a total of 24 articles were included in the study.

Result: men begin to communicate with their child during pregnancy, and this interaction creates new and unknown sense of reality, hope, and joy in fathers. On the other hand, the position of a man in a family changes during pregnancy and after childbirth. The following have been identified as main dimensions of paternal anxiety related to pregnancy: childbirth concerns, attitudes towards childbirth, baby concerns, acceptance of pregnancy, partner concerns, relationship concerns, worry about self, transition to parenthood, attitudes towards health care professionals, and practical and financial concerns. In more detail; concerns about covering routine family expenses, new expenses, and concerns about the spouse's income reduction, maternal depression, marital distress, masculine gender role stress, unplanned pregnancy, work-family conflict, sleep disturbance, Psychological variables, marital relationships and poor support, financial pressure, the father role, and feelings of unpreparedness are among the factors of psychological distress during pregnancy and childbirth in fathers. In summary risk factors for fathers' anxiety can be categorized into the following general content themes and subthemes: (a) infant factors: perinatal loss, childbirth, well-being of infant following birth, gender of infant, genetic or chromosomal abnormalities, appointments, and naming the child; (b) partner factors: maternal well-being, partner relationship problems, and

sexual relationship; (c) situational factors: financial pressure, concerns regarding family and friends, work–family conflict, and pets; and (d) individual factors: father role, feeling unprepared, and changes to daily life.

Conclusion: Although fathers enjoy getting involved in the child birth process and attempt to actively support their wives, they also need support from healthcare professionals; however, prenatal clinics mostly focus on maternal and infant health, and often ignore the needs and feelings of expectant fathers. At the beginning of the pregnancy period, It seems that fathers need special a counseling, particularly from experienced professionals, And Clinicians play an important role in identifying and supporting fathers with pregnancy-related anxiety and addressing the sense of exclusion often experienced by them. Considering that anxiety and stress are common psy chological disorders among men during pregnancy and childbirth, which can affect the health of mother, fetus, and future baby, in addition, paying more attention to emotional problems of fathers effectively prevents their mental and emotional problems during pregnancy and postpartum, identifying risk factors for fathers' anxiety and holding counseling sessions with fathers can help expectant fathers to manage their feelings, meet their needs, and reduce their anxiety during pregnancy. In fact fathers' participation in prenatal care is seen as a new opportunity for men to play a role in improving their own and their families' health. Midwives and other health professionals and Healthcare providers should be alert to the needs of any father when providing maternity care, And can better meet the needs of men during pregnancy and childbirth by increasing their knowledge and understanding of men's expectations and experiences.

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