



# DADSPACE

You are not alone



Providing support for the emotional health of dads

## DadSpace Portal

Parenthood is a time of transition requiring both mothers and fathers to adapt to new roles, demands and responsibilities. Parents need to continue to make changes to their life to accommodate their own changing needs, those of their baby and partner. This constant demand for adaptation can be draining on energy and resources and leave both mother and father exhausted and, in some cases, depressed and anxious.

Research conducted by the Parent-Infant Research Institute (PIRI) shows that knowing what to expect and being prepared for these major life changes can help dads manage this transition.

As part of its commitment to building a brighter future, PIRI has developed DadSpace, a website dedicated to supporting fathers across Australia. DadSpace, provides information, strategies, tips, resources, and advice specifically for dads.

Development of DadSpace was informed by evidence-based research and ongoing consultation PIRI is conducting with Australian dads. DadSpace expands on PIRI's perinatal support programs which include MumSpace, a website launched in 2017 offering emotional support to women to help them manage the challenges of perinatal depression and anxiety, in their own time and their own way.

DadSpace provides support for the emotional health of dads who are expecting or have a new baby.

## DadBooster Program

### A New Online Program for Dads

It may surprise you that men may also experience symptoms of depression when expecting a new baby or becoming a new parent. 1 in 10 new or expectant dads experience anxiety or depression in Australia. Over 40% of first-time dads believe depression and anxiety is a sign of weakness.

To add to our existing range of evidence-based mental health support programs for new and expectant parents, the team at PIRI are currently working on a world-first specialised web-based treatment for depressed or anxious new fathers, DadBooster.

Depressed new fathers rarely access traditional support services, and their symptoms go largely unacknowledged and untreated. This new program will be based upon the cognitive behavioural therapy (CBT) approach of our successful MumMoodBooster treatment program for new mums.

DadBooster is designed for men who are experiencing depression after the birth of a child. This program is based on years of clinical experience and controlled research about how to best reduce moderate to severe symptoms of depression. This new program is based upon the cognitive behavioural therapy (CBT) approach.

DadBooster is an active, six-session cognitive-behavioural therapy treatment program, closely comparable to the therapy delivered in traditional face-to-face psychology sessions, but entirely under the control of the user. It allows men to work through their own issues and develop strategies for dealing with these. Low-intensity SMS messages provide regular contact, advice, and encouragement to remain motivated in completing the treatment. Changes in symptoms of depression are regularly monitored throughout the program. Men can invite their partners to access a partner website with information on paternal depression and for managing their own emotional health.

