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Psychosocial support for male partners of women admitted to Mother and Baby Units

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BACKGROUND

- Women with severe mental health issues during the postnatal period may be admitted to specialist Mother and Baby Units (MBUs).
- Male partners actively support women's mental health treatment and recovery but may themselves lack support.
- To date little is known what type of support men would like and how it should be delivered.

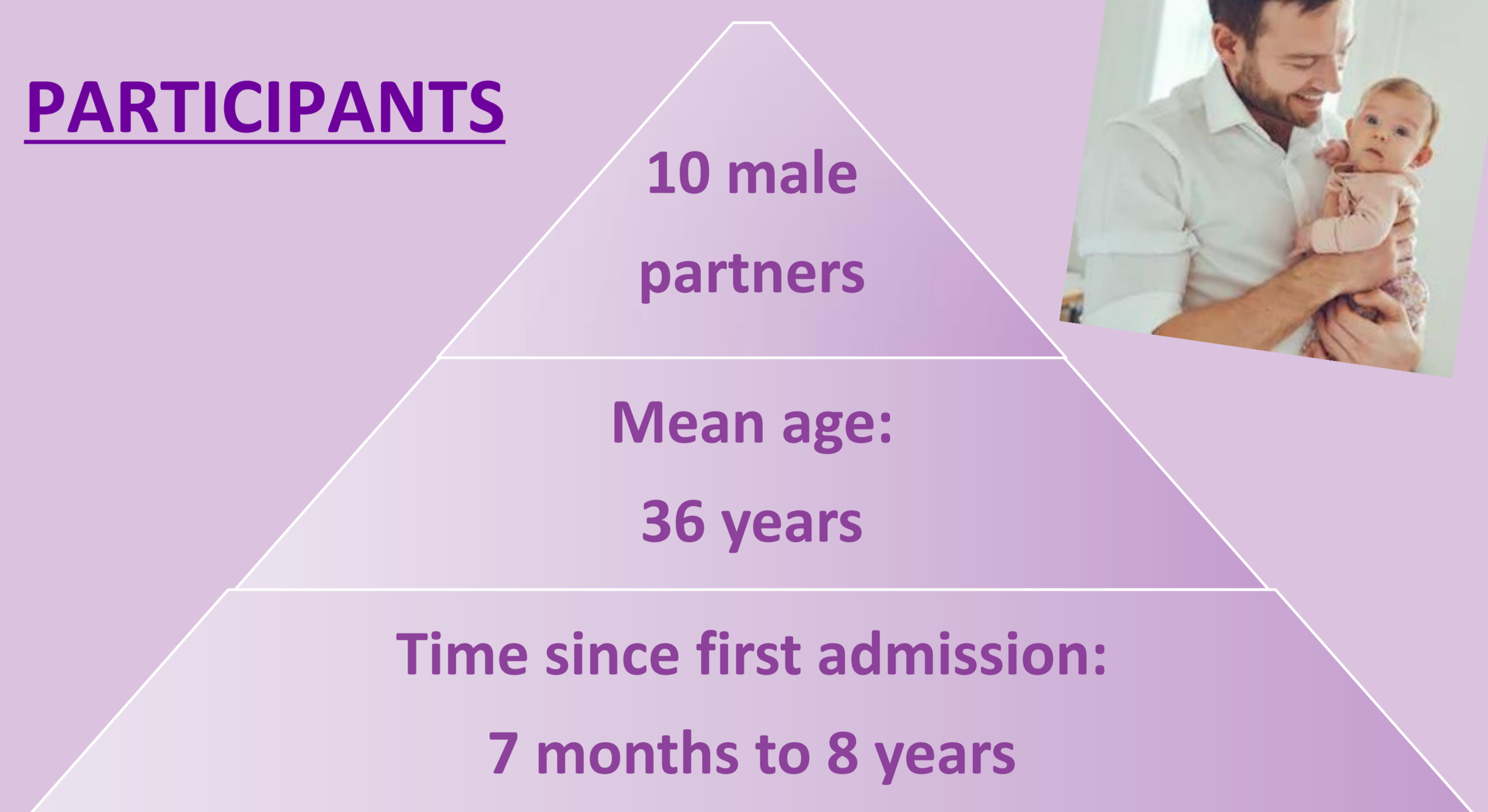
AIM

- To explore what psychosocial support male partners of women admitted to MBUs would welcome and find helpful with regards to delivery, content and timing.

METHOD

- Individual semi-structured interviews with male partners of women admitted to MBU currently or in the past.
- Men 18+ years, recruited online or via MBU.
- Thematic analysis.

PARTICIPANTS



RESULTS



'What would have been helpful, if you're doing normative and best case scenario is to be actively involved and informed in the decisions about care, rather than feeling like your partner has been taken away from you and now things are being done to them that you have to react to.' [P7]

'Just the lack of information and especially about, about how she was travelling, because she um yeah she wasn't getting any better for a while, and I was like "what is going on?" and no one really answered (emotional tone).' [P6]

'Erm, they were the experts, we, we you know, I had every confidence in in their advice. Again, something that, you know, is alien to yer, erm. You have to basically go off what they were saying but erm, erm, I felt, yeah I had every confidence in in what they were advising.' [P4]

CLINICAL IMPLICATIONS

- We recommend a support package, which could be developed for MBUs to improve outcomes for male partners and their family.