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Expectant first-time fathers' experiences of pregnancy

Hafr n Finnbogad ttir ... Eva K Persson

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Abstract

Objective: to describe first-time-expectants fathers' experiences of pregnancy.

Design: an inductive method using narrative interview form and qualitative content text analysis. The text of the transcripts was coded and categorised.

Settings and participants: seven first-time-expectant fathers living in a multicultural industrial town in southern Sweden were interviewed individually when their partner was in the 38th to 39th week of pregnancy.

Measurements and findings: all the fathers-to-be experienced some psychological, social and/or physical change during the pregnancy. The main category, was 'time of transition'. Eight categories were found under this. They were: 'feelings of unreality', 'insufficiency and inadequacy', 'exclusion', 'reality', 'social changes', 'physical changes', 'responsibility, and development'.

Key conclusion: the fathersâ€™-to-be special needs for support and encouragement during pregnancy may be as important as those of the mothersâ€™-to-be. The caregiver needs to be as aware of and sensitive to these needs. However, before any interventions can be recommended more research is needed.



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