



PRESS RELEASE

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One in four new dads feel socially isolated

Movember launches podcast for new dads as research shows many are struggling

As Movember launches a podcast for new dads, it reveals that one in four (26%) Aussie men felt socially isolated when they first became a father.

The Movember-funded survey was conducted by Ipsos MORI with men in Australia, USA, Canada and the UK and asked men aged 18 to 75 about their experiences of becoming a father. It found that one in five Australian men (22%) said they had lost close mates after becoming a dad¹.

In all of the countries surveyed, dads without close friends reported being more likely to experience increased stress levels in the first 12 months of becoming a father (33% say their stress levels increased a lot, compared with 23% of all men with at least one close friend).

Commenting on the findings, Brendan Maher, Movember's Global Director Mental Health & Suicide Prevention said: "Staying in touch with mates is important for everyone's mental health, particularly in times of stress. It's worrying to see that many blokes are losing their connections at a time they need them most.

"A baby is born in Australia every minute and 44 seconds², which means every week, thousands of men are becoming dads - and might be feeling overwhelmed about their new responsibilities. While fatherhood can also be one of life's most rewarding experiences, this research shows the impact it can have on men's mental health, particularly in the first 12 months.

"Through Movember's new podcast - *Dad in Progress* - we wanted to create a resource that reassured new dads and supported them to start conversations with people in their lives."

Movember's study found that nearly two thirds (65%) of Australian dads experienced increased stress as a result of becoming a father, and of these, 23% say they didn't handle the stress well.

Whilst most associated with mothers, perinatal depression and anxiety can also affect new fathers. Previous studies have shown that up to one in 10 new fathers³ experience depression after the birth of their baby and fathers with perinatal mental health problems are up to 47 times more likely to be considered at risk of suicide than at any other point in their lives⁴.

To help men navigate the ups and downs of becoming a father, Movember is launching its first ever podcast - *Dad in Progress*. The aim is to help new and expecting dads deal with some of the stress they are feeling by listening to the experiences of other blokes. Each episode will focus on a theme; ranging from relationships with partners, friendships, work and mental health.

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"It's worth remembering that even at a time you feel under a lot of pressure, it's not selfish to take some time out for yourself or make time to catch up with mates. You're likely to feel more relaxed and be a happier, healthier father for your child," Maher said.

Over five episodes, host Raph Dixon is joined by everyday dads, experts and famous fathers including Osher Gunsberg, comedian Aaron Gocs, soccer star Archie Thompson, sportswriter Sam Perry and one of the world's most famous stay-at-home dads, Clarke Gayford – husband of New Zealand PM Jacinda Ardern.

Dad in Progress is available on iTunes, Spotify or wherever you find your podcasts. To find out more visit moverber.com/dadinprogress.

Case Study

One dad who has taken the initiative to help other new fathers is Tom Docking. He, along with his wife Kate, set up Dad's Group Inc (DGI) in 2014. The only group of its kind in Australia, they have created over 100 dads' groups across Australia for young and expectant dads.

When Tom became a father for the first time, he realised that there was a real lack of support groups for new fathers. "I went looking for support programs for expectant and new dads and there was just nothing," he said. "And I just thought, how can there be all this support geared towards new mums but nothing for new dads?"

"Dads generally don't seek help, if anything they want to be seen to help others. But by supporting fathers, you support the whole family. We are lucky to have passionate leaders around the country growing this movement."

Dad's Group is part-funded by Moverber. To find a local group visit dadsgroup.org

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Notes to Editor

¹All figures, unless otherwise stated, are from Ipsos MORI. Total sample size was 4,000 men (1,000 in the USA, 1,000 in the UK, 1,000 in Australia, 1,000 in Canada). Fieldwork in was undertaken between 10th and 14th May 2019 (Australia), 7th and 14th May 2019 (UK), 9th and 15th May 2019 (Canada) and 9th and 15th May (USA). The survey was carried out online. The figures have been weighted and are representative of all men (aged 18 - 75) in each market. The full report can be viewed [here](#).

² Australian Bureau of Statistics. 2020. Population clock.

[www.abs.gov.au/ausstats/abs@.nsf/0/1647509ef7e25faaca2568a900154b63?opendocument]. Accessed 24 January 2020.

³ Eddy et al, 2019 (USA)

⁴ Quevedo et al, 2011 (Brazil)

About Moverber

Moverber is the leading global men's health charity. The charity raises funds to deliver innovative, breakthrough research and support programs that enable men to live happier, healthier and longer lives. Committed to disrupting the status quo, millions have joined the movement, helping fund over 1,250 projects focusing on prostate cancer, testicular cancer and suicide prevention.

In addition to tackling key health issues faced by men, Moverber is working to encourage men to stay healthy in all areas of their life, with a focus on men staying socially connected and becoming more open



to discussing their health and significant moments in their lives. The charity's vision is to have an everlasting impact on the face of men's health. To donate or learn more, please visit [Movember.com](https://www.movember.com).

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