

FLOURISHING ORIGINS FATHERS

Physiological and psychological health trajectories from pregnancy to early childhood

Authors: Segers, E.¹, Gibson, L.^{1,4}, Davis, J.^{1,2,6}, Prescott, S.^{1,2,3,4,5}, D'Vaz, N.^{1,4}, Yeap, B.B.^{2,7}, Silva, D.^{1,2,3,4}

1. Telethon Kids Institute, The University of Western Australia Perth, Australia 2. The University of Western Australia, Perth, Australia. 3. Joondalup Health Campus, Perth, Australia. 4. Edith Cowan University, Perth, Australia. 5. inVIVO Planetary Health, Worldwide Universities Network (WUN), West New York, NJ, USA. 6. Curtin University, Perth, Australia. 7. Department of Endocrinology and Diabetes, Fiona Stanley Hospital, Perth, Australia

BACKGROUND

The ORIGINS Project is a longitudinal, birthing cohort study which aims to recruit 10,000 children and their families. The Flourishing in Fatherhood Project, an ORIGINS sub-project, aims to recruit up to 600 ORIGINS fathers in pursuit of **understanding father's physical and emotional health**, and to understand the **impact this has on their child/ren and partners**. The Project consists of both **observational** and **interventional** arms, with the observational arm aiming to understand **how father's health changes over time**, and the interventional arm exploring the **efficacy of diet-based interventions** and **healthcare referrals** on improving father's wellbeing.

AIMS

- To **evaluate the cardiometabolic health** of up to 600 fathers who are participating in The ORIGINS Project
- To **explore the mental and physical wellbeing** of up to 600 fathers participating in the ORIGINS Project through analysing measures of psychosocial, psychological and physiological health
- To examine the **impact of father's psychosocial, psychological and physiological health** on their **child/ren and partners**



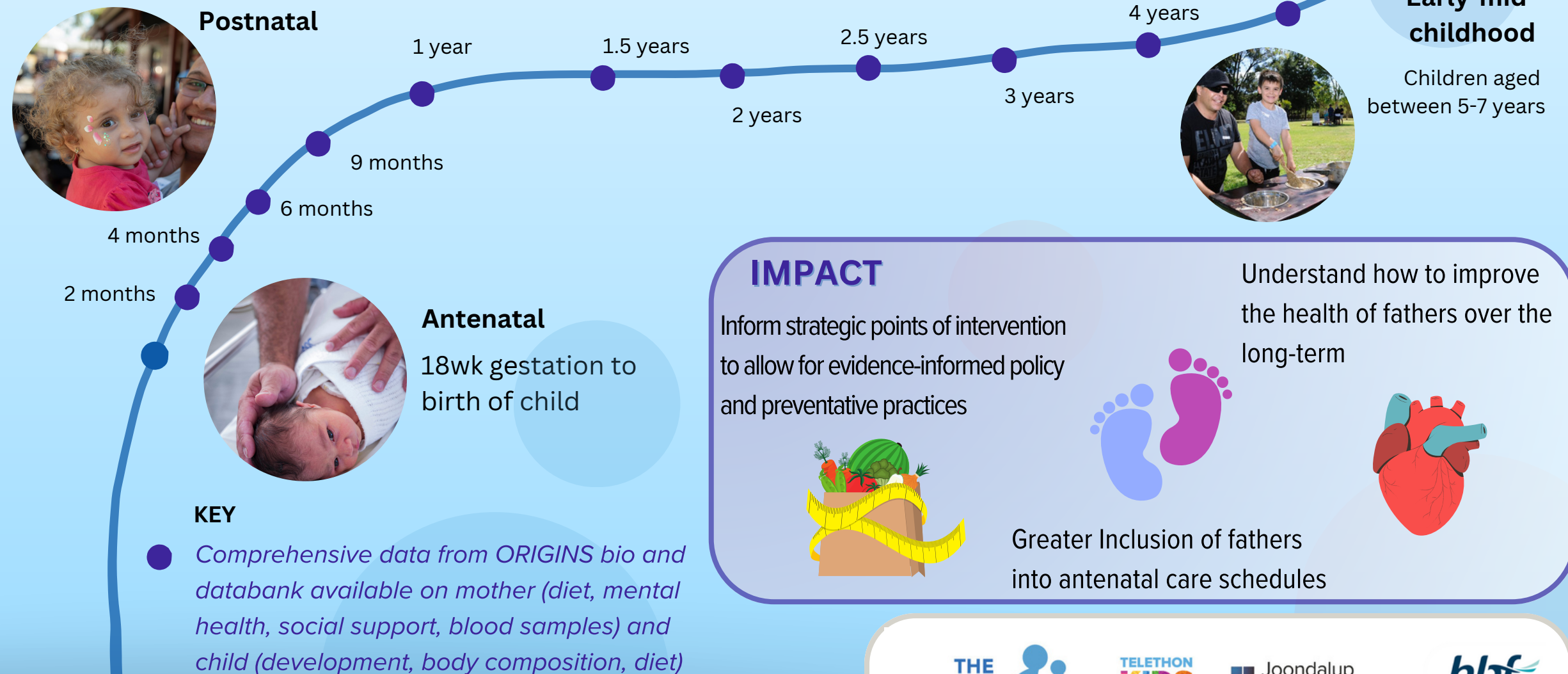
DESCRIPTION

Participation involves

- **Clinical appointment**
Cardiovascular and mental health assessment with feedback, advice and referrals
- **Online questionnaire**
Family & marital functioning, parenting styles, work-family balance, financial anxiety, father involvement and social support
- **Focus group**
Understand barriers to healthcare access
- **Diet-based intervention**
Pilot study to assess the feasibility of administering diet-based interventions to fathers

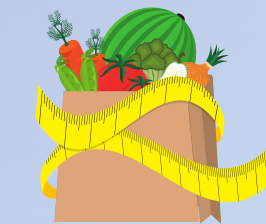
DATA COLLECTION

- Mental health** 
- Blood & urine collection** 
- Health behaviours** 
- Psychosocial wellbeing** 
- Anthropometry** 



IMPACT

Inform strategic points of intervention to allow for evidence-informed policy and preventative practices



Greater Inclusion of fathers into antenatal care schedules



Understand how to improve the health of fathers over the long-term

