



DAD BOOSTER

A world-first specialised web-based treatment for depressed or anxious new fathers.

What is the purpose of this study?

It may surprise you that 10% of men may experience symptoms of depression when expecting a new baby. New fathers who are struggling are often overlooked and their difficulties are not acknowledged by a system that has focused mainly on mother and baby health and wellbeing. This means that dads have not had ready access to treatment when they need it.

PIRI has developed an online program for dads to address their wellbeing. This research study will evaluate the DadBooster program as a treatment for dads with perinatal depression and anxiety. We hope that the Dadbooster program can be readily available to Aussie Dads in the future if they need it.

What does participation involve?

Potential participants will complete questionnaires and a telephone assessment with a psychologist to determine whether the DadBooster program is suitable for them.

Men will then complete the self-paced 6-session cognitive-behavioural therapy treatment program online either straight away or after 12 weeks. Follow-up questionnaires and assessments are completed 9-weeks and 12-weeks post-enrolment to evaluate the effectiveness of the program.

What are the benefits of participating?

Your involvement will likely help you to understand some more about how you are feeling and to learn strategies to feel better. It will give you the opportunity to hear from other Dads about what has been helpful for them. It provides a chance to include your partner if you choose to. You also have access to interesting library articles that may give you ideas about how to make some changes to improve your family life. It will also help us evaluate the effectiveness of our new Internet-based treatment program for other fathers of new babies.

What will happen to information about me?

Any personal information obtained in connection with this study, that can identify you, will remain confidential. Research results will be published in scientific journals for research purposes.

HOW DO I GET INVOLVED?

Find out more about this study at www.dadspace.com.au/dad-booster-study/ and register your interest online.
Participants may be reimbursed for their time.

www.dadspace.com.au/dad-booster-study/

This research has been approved by the Austin Health Human Research Ethics Committee. HREC/73980/Austin-2021.

V1 04 Aug 2021



Scan the code to learn more and join the study

