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# Impacted family equality, self-confidence and loneliness: a cross-sectional study of first-time and multi-time fathers' satisfaction with prenatal and postnatal father groups in Sweden

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## Conclusion

### Father groups can:

- Positively affect fathers' parenting, relationships, and well-being
- Reach more vulnerable fathers, as one-quarter had depressive symptoms

**More father groups should be available in different areas**

## Results

Overall, fathers were generally satisfied with both the pre- and postnatal father groups, although fathers rarely attended prenatal father groups.

Fathers thought participating moderately impacted their:

- Equality in the family
- Self-confidence
- Feelings of loneliness
- Social network
- Being able to express their own opinions
- Positively affect their coparenting relationship and infant bonding

## Background

Gender-specific parent groups, referred to as father groups, are inclusive spaces for fathers to discuss their transition into parenthood

## Aim

To quantitatively assess fathers' perceptions and satisfaction of father groups in Sweden

## Method

- Fathers were recruited through father group leaders
- Fathers completed an online questionnaire via their email
- 67 fathers from urban and suburban settings completed the survey



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