

“SHE’S GONE THROUGH IT...THAT’S ALL WE CARE ABOUT...YOU’RE JUST THE DAD”: MALE PARTNER’S EXPERIENCE OF MISCARRIAGE AND SUPPORT NEEDS



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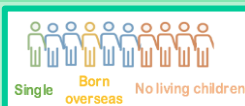
BACKGROUND

Miscarriage (pregnancy loss before 20 weeks gestation), occurs in ¼ pregnancies

AIM

To understand Australian men’s experiences of miscarriage, social and healthcare support and online resources and support during this time.

METHODS



Experienced miscarriage/s 3mths -10yrs ago

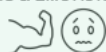
Recruitment via professional networks and Facebook group “Bears of Hope”

Semi-structured phone interviews, transcribed verbatim

Thematic analysis with research team

KEY THEMES

GRIEVING & EMOTIONAL RESPONSE



“I just broke down, I was in tears... I was upset. Didn’t know what to do...she was in hospital and I had to remain strong”

IDENTITY & ACKNOWLEDGEMENT



“There was just no one there to acknowledge that it happened to me as well...I didn’t feel a physical pain of it but one day I saw myself as a dad, the other day I was not a dad anymore.”

LACK OF HEALTHCARE SUPPORT



“The whole process was really clinical... there wasn’t much support ... It was just ‘yep that’s it, there’s no heartbeat. Off you go...”

“All you need is just someone to talk to”

IMPORTANCE OF SHARING EXPERIENCES



“There’s nothing out there for guys ...there’s no support groups or let’s have a chat about it or things like that”

“I put up a Facebook post...I had friends from high school contacting me...that this happened to me.”

WANTED ONLINE INFORMATION & SUPPORT



“Straight after that miscarriage we would have been on Google”

REFERENCES

Brier N. Grief following miscarriage: a comprehensive review of the literature. J Womens Health (Larchmt). 2008;17(3):451-64.

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CONCLUSION

- Men are greatly affected by miscarriage
- Struggle to find appropriate support networks and ways to express their grief
- Further information and Australian resources, that are easily accessible and tailored to men’s needs, are required to improve support in this area and address men’s grief

ACKNOWLEDGEMENTS

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