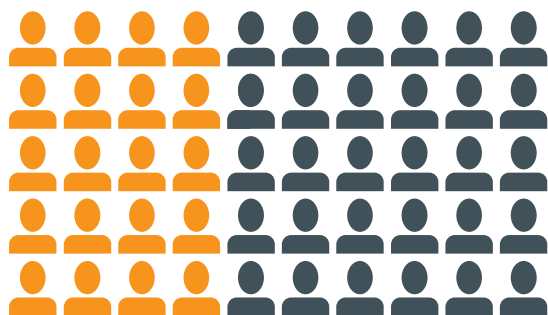




STRUGGLING WITH SLEEP: YOU'RE NOT ALONE



**43% of men aged
28-32 have **persistent
sleep problems**,
regardless of
whether they're dads
or not***

** Across Waves 1 and 2 of the Men and Parenting Pathways Study
For more about MAPP, go to: <http://mappresearch.org>*

This year MAPP has collaborated with researchers from across the country to learn more about dads and their sleep (or lack of it!). With the Australian Fatherhood Research Consortium (AFRC), we are examining how well fathers sleep, how well their children sleep and links with fathers' mental health. The first job has been to review all the previously completed research. We are evaluating how robust the existing evidence is and if there are gaps that still need to be researched. **Spoiler alert!** Surprisingly there are very few studies on dads and their sleep. So, MAPP has joined forces with three other large Australian projects to investigate links between fathers' sleep problems and stress, anxiety and depression. We will share our findings widely in 2019 to ensure government, services and workplaces are well-informed to support our sleep-deprived dads.

MAPP STUDY INFORMS AUSTRALIAN HEALTH AND RESEARCH POLICIES



In November, the Australian Government released a draft of its new National Men's Health Strategy for 2020 to 2030. MAPP Lead Investigator, Dr Jacqui Macdonald, submitted a response to the draft on behalf of the MAPP research program. She commented that support for men's health and wellbeing was critical at all stages of the lifespan but that the peak age for entering fatherhood, from the late 20s and across the 30s was particularly important. This is a high-risk period for stress, workplace pressures and family struggles for all men, with and without children.

It is important that the government recognise the risks and that adequate strategies are in place particularly to increase access opportunities for men to receive support. Dr Macdonald also worked with the Australian Fatherhood Research Consortium to submit a response specifically calling for fatherhood to be given greater recognition in the strategy, noting that the transition to fatherhood is both a time of risk but also a period of great motivation for positive behavioural change. In 2018, Dr Macdonald, alongside MAPP co-investigator and SMS4Dads founder Associate Professor Richard Fletcher, joined the Australian Bureau of Statistics Family Statistics Advisory Group. Together they will encourage further representation of fathers in the federal government's data collection programs.

MAPP will continue to make use of the evidence from the information that participants provide to inform government, workplaces and support services of the pressures faced by men and fathers and where supports and funding are most needed. Dr Macdonald wishes to thank all the men involved in the MAPP study for their time and dedication to the project, which is invaluable in ensuring our health and research policies reflect the diversity of needs within Australian men.

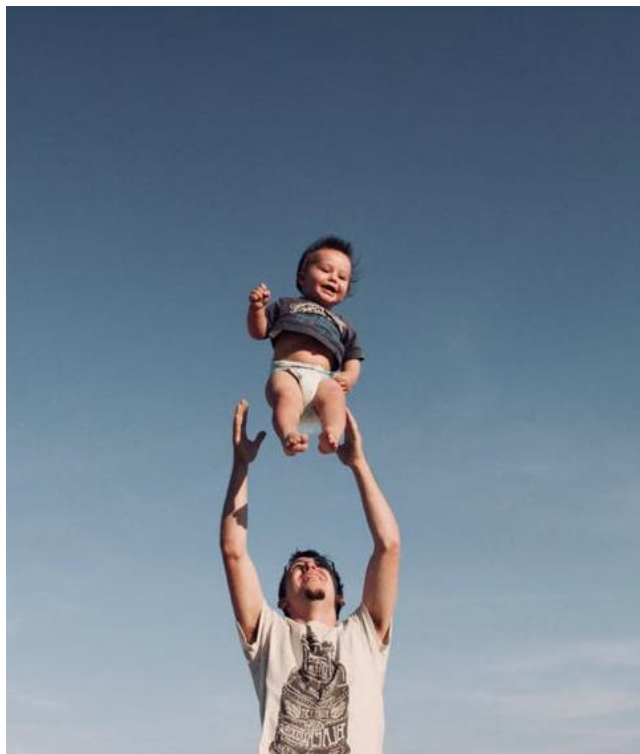
LOOKING FORWARD (WHAT'S NEXT)



We have a lot in store for 2019. The big news is that our first group of MAPP participants will be asked to complete their final survey, Wave 5! Other men will be coming up for their 3rd or 4th surveys. The contribution by all participants has been hugely valuable. It is a big job keeping track of more 600 men from all around Australia but well worth the effort from the participants and the research team.

We're also looking forward to the 2019 Australian Fatherhood Research Symposium in Melbourne in May. We will have our heads in the data throughout the year, analysing the first 3 waves of information and publishing and disseminating the results. Keep an eye out on [Twitter](#) and [Facebook](#) for updates.

STUDENT PROJECT UPDATE



Each year, under the supervision of senior researchers, a number of students analyse the data provided by MAPP participants to complete a research thesis for their course. **Are there links between our past relationships with our parents and the emotions we have as adults?** In 2018, this is what Psychology honours students, Laura Ridler and Angela Nastoulis investigated. Specifically, they wanted to know what predicted feeling frequently angry and what predicted how strongly men, who are now dads, bond with their children. They found that higher levels of warmth, care and trust from parents while growing up was linked to less anger and stronger father-baby bonds in adulthood.

Honours student, Liam Graeme studied how satisfied dads are with the amount of decision making that they have as parents and whether being dissatisfied might be a risk for depression. He found that among dads who were dissatisfied, most wanted more responsibility, and high levels of dissatisfaction was associated with experiencing symptoms of depression. Finally, Honours student, Lauren Francis studied effects of fathers' own sleep quality and their child's sleep quality on their mental health. As expected, she found that dads who had poor sleep were at higher risk of experiencing mental illness, but surprisingly, this was regardless of whether their children were good or poor sleepers. MAPP wishes our honours students all the best in their future careers.

MAPP PARTICIPANTS: UPDATE YOUR DETAILS



Please keep us up to date with your best contact details. Your involvement in the MAPP study is unique and irreplaceable!

To update your details, contact the research team via:

Phone: 03 9244 3820

Email: mapp@deakin.edu.au

Or fill in our online form: <http://mappresearch.org/participants>

