

Dads Matter Too: How Father's Experience with Stress and Trauma Impact Offspring Development

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Outline

- The need to explore fatherhood
- Why I selected this topic
- Who is being impacted by war
- Impact of military conflict
- Stress and its impact on family/children
- Paternal preconception Exposure to Stress
- Stress & Stress response
- Stress and epigenetics
- Research studies
- What can we do?

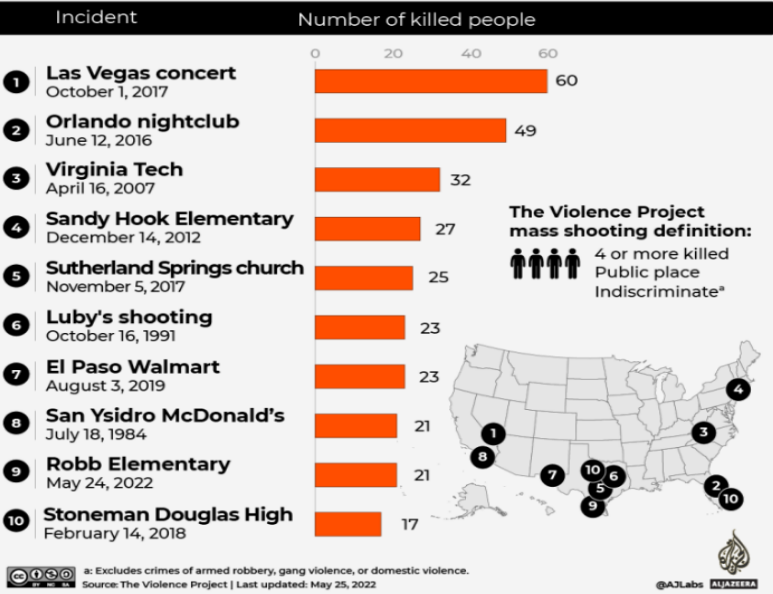
Learning Objectives

- Increase knowledge of paternal preconception trauma and impact on offspring.
- Utilize research to demonstrate the relationship between fathers' lived experience, behavior, and impact on child-developmental outcomes.
- Identify research gaps and demonstrate the need to increase research focused on fatherhood.
- Increase the sense of connection between the impact of fathers in our society and environment children are being reared in.
- Move social scientists to action to create an environment for positive change.

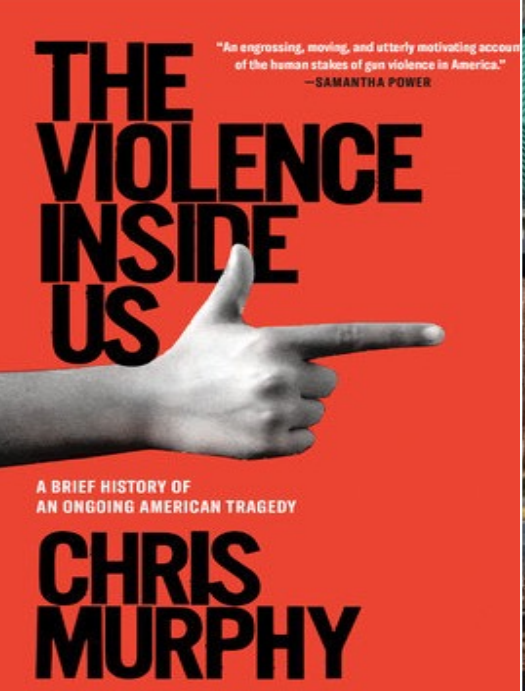
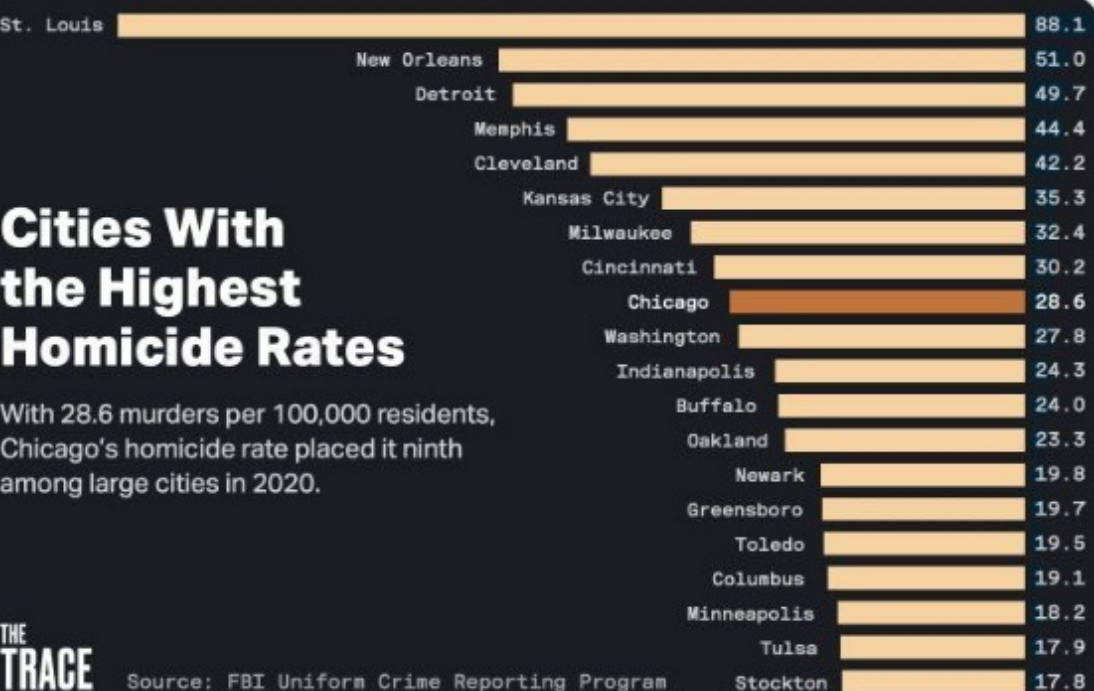
Why this topic?

- Increase rates of homicides
- Increase rates of gun violence (Gun Violence Tracker)
- Rates of suicides in the U.S. and military
- Limited research on men and fatherhood
- Impact of over 20 years of war on Soldiers and their offspring prior to conception

The deadliest mass shootings in the US



KAMIL KRZACZYNSKI/AFP via Getty Images



GETTY IMAGES



Are Fathers Overlooked?



“I never thought of fatherhood as something that could affect a kid.”



Military War and Trauma



7,057 U.S. SERVICE MEMBERS
killed in post-9/11 war operations

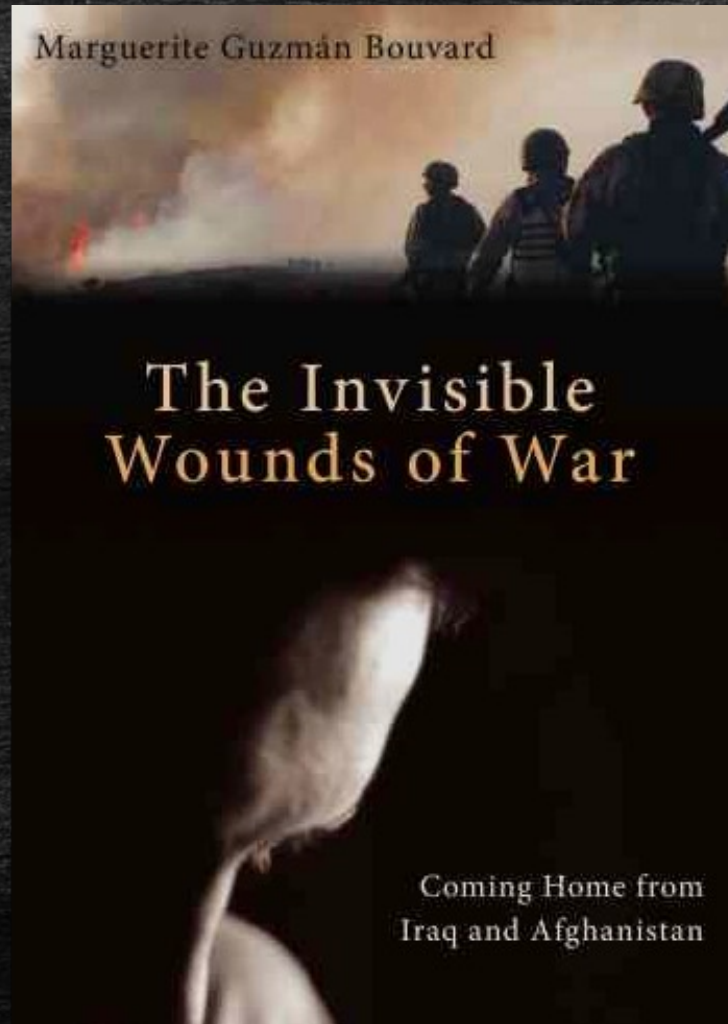


30,177 SUICIDES
among U.S. service members & veterans
of the post-9/11 wars

Who are we sending to war?

- Approximately 2,600,000
- 51% Active
- 39% Reserve
- Army largest branch
- Significant gender disparity
- Age: Largest group 25 and younger, Second largest 26-30

Impact of War



[Marguerite Guzmán Bouvard](#)

Military Stress

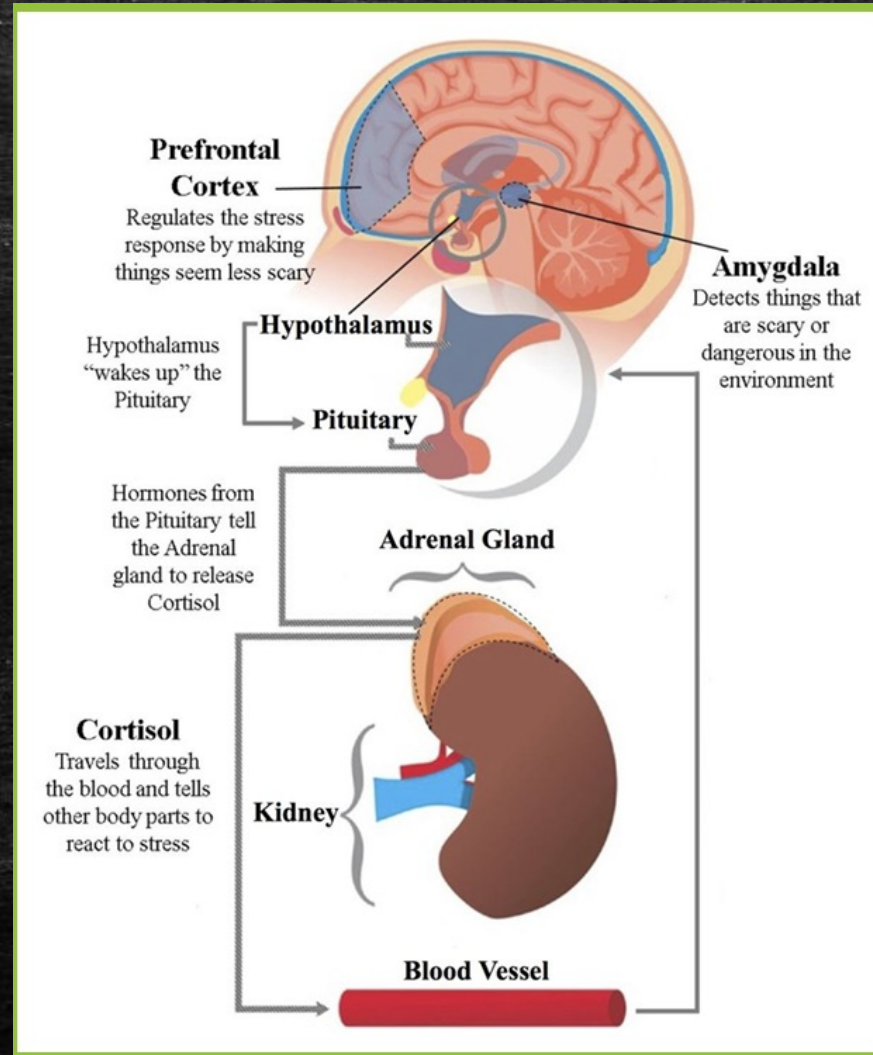
- Deployment
- Training requirements
- Occupational
- Relocation
- Reduced family finances
- Decreased social support

Paternal Preconception Exposure To Stress

Stress is often defined as a threat, real or implied, to homeostasis; homeostasis refers to the maintenance of a narrow range of vital physiological parameters necessary for survival (Mcewen, 2000)



Stress Response Impact on Brain and Body



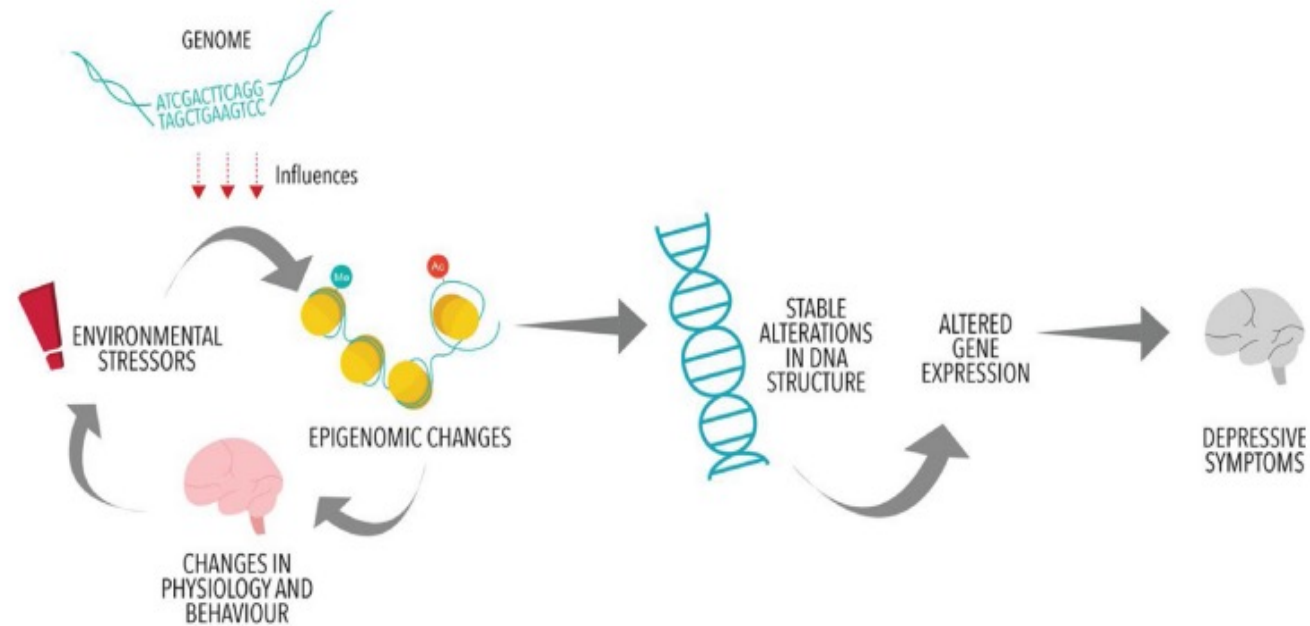
Environmental Theories Impact Child Psychopathology

- Bowen Family System Theory
- Secondary Trauma
- Constructivist Self-Development Theory and Secondary Traumatization

Stress Theory & Intergenerational Trauma Epigenetics

C. Park, et al.

Neuroscience and Biobehavioral Reviews 102 (2019) 139–152



Research Studies Supporting Paternal Preconception Exposure to Stress and Impact on Offspring Developmental Outcomes



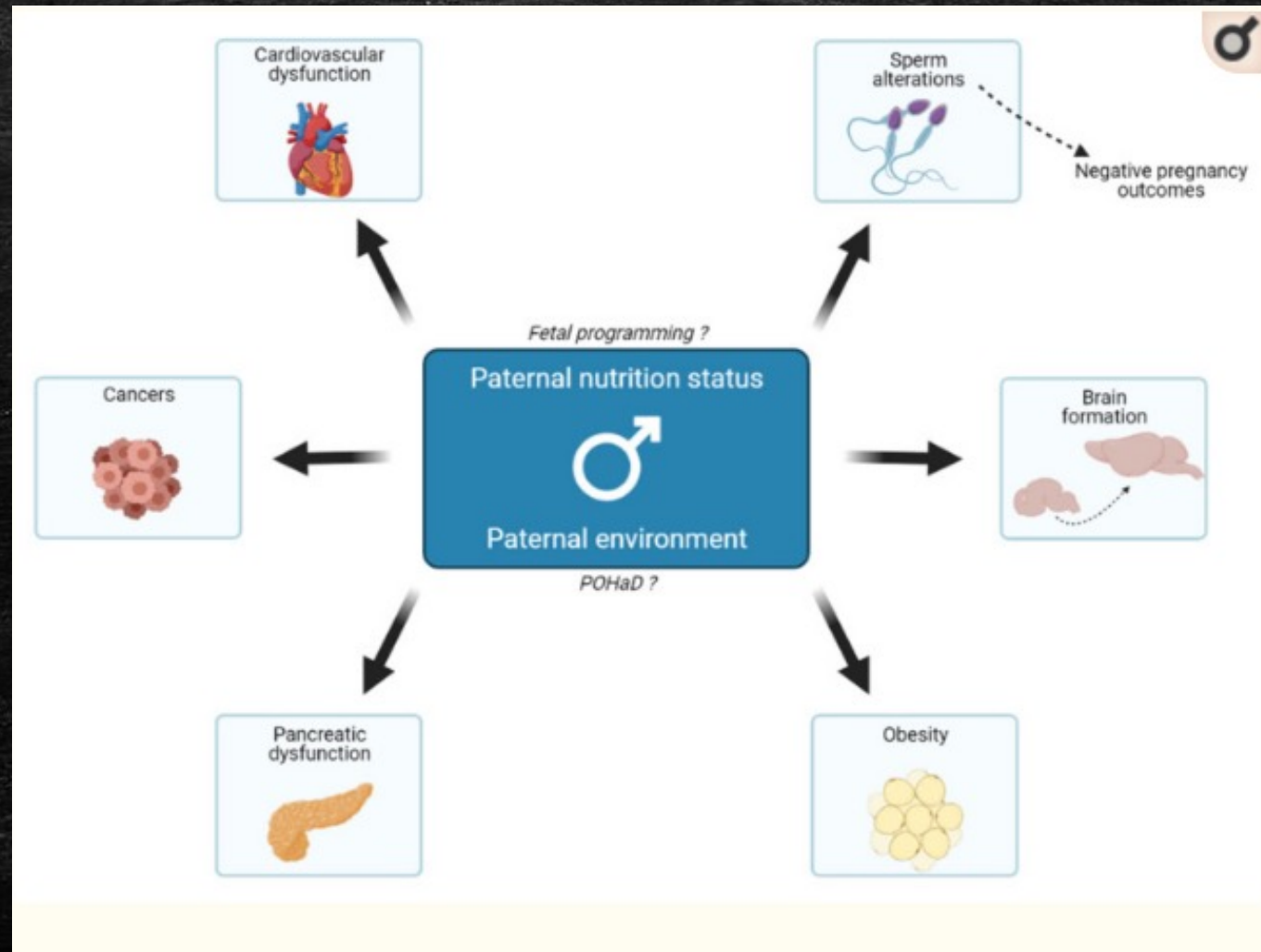
Additional Paternal Preconception Factors



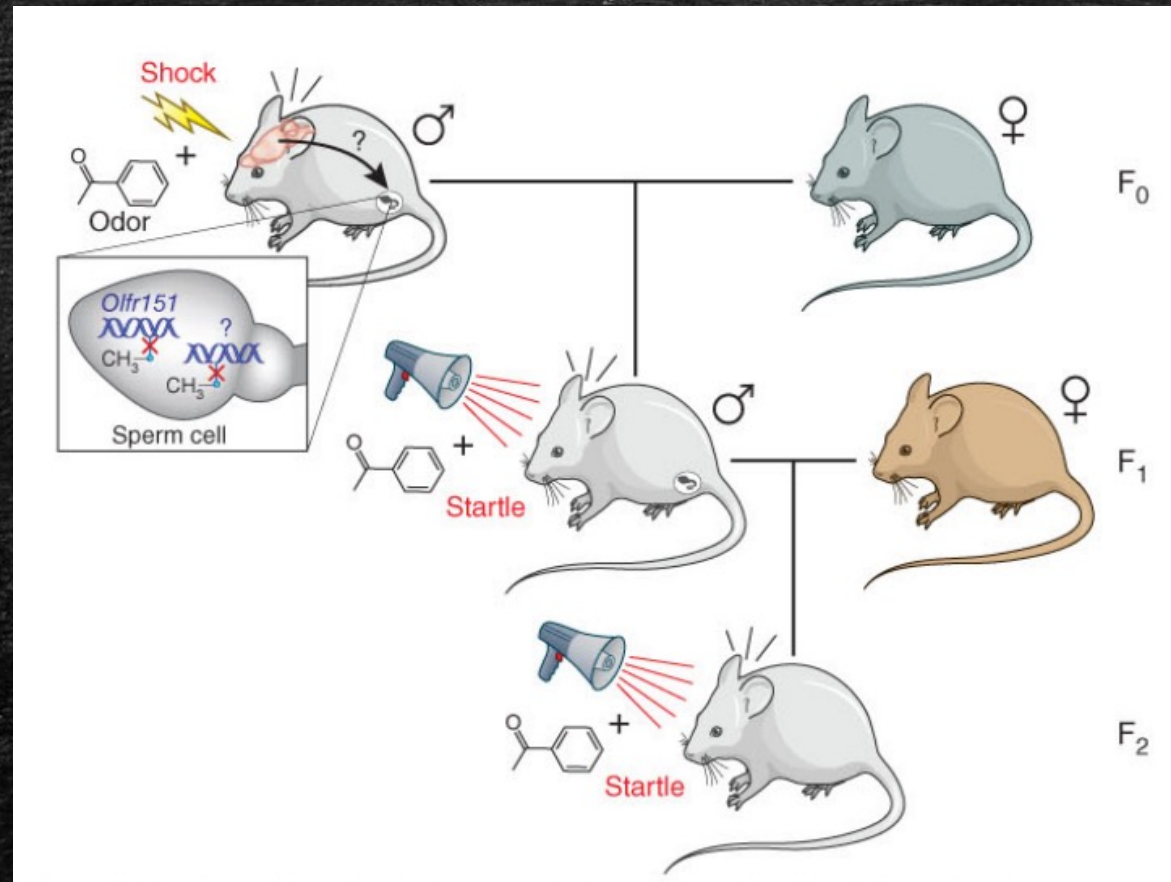
Alcohol & Paternal Preconception Factors



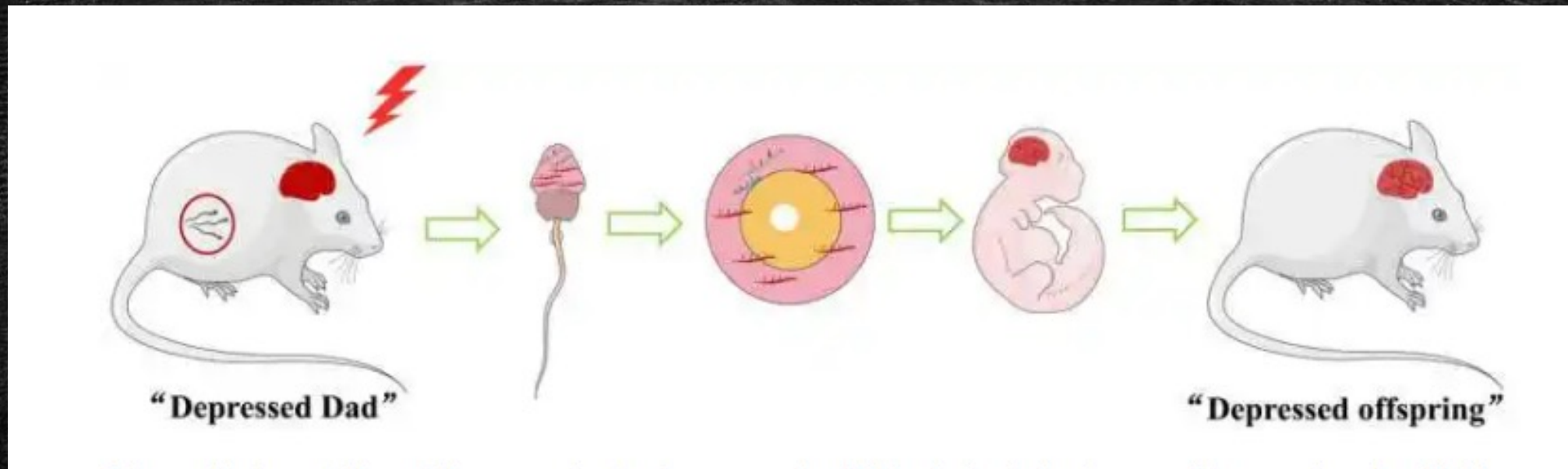
Impact of Paternal Nutrition



Animal Studies



Animal Study Depression



Human Studies



<https://www.history.com/topics/holocaust/anti-semitism#&gid=cio235901a20012718&pid=survivors-of-ebensee-concentration-camp>

Nature vs Nurture comparison

Nature Vs Nurture



Now What?

**Alone we can do so little;
Together we can do so much.**

HELEN KELLER



