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Background:

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Symptoms: n

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Treatment:

In recent years, the condition has emerged socially with treatment, where options include the usage of antidepressants, counselling or support from mental health professionals. Individual or group therapy is also a common yet effective method of treatment as it provides fathers with the opportunity to express their worries and concerns in an environment which others can understand through similar circumstances. Self-help treatment is also a resource with practices such as regular exercise, yoga, healthy eating and meditation such as mindfulness and, are typically recommended ways to help reduce symptoms. Even though treatment is available, only a small percentage of males suffering from the condition actually undergo treatment. Within the larger percent, cases are usually undiagnosed, under-diagnosed and/or untreated for mental health deficiencies. Society's ever-present perception of gender is also a factor which has caused debate, with many modern societies viewing males as assertive, powerful and tough, whereas women are deemed as quiet, compassionate and vulnerable. Because of this discernment, many men may not have the confidence to ask for help and support and therefore feel isolated and alone, just like the stigma of this condition.