



COUVADE SYNDROME (SYMPATHETIC PREGNANCY)

Nursing

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ABSTRACT

Couvade Syndrome (sympathetic pregnancy) is an involuntary disorder whereby an expectant father experiences physiological and/or psychological symptoms for which there is no explanation during the period of the transition to parenthood (Piechowski-Jozwiak & Bogousslavsky, 2018). Expectant fathers may experience somatic pregnancy symptoms, known as the couvade syndrome, including nausea, leg cramps, appetite and mood changes, and weight gain (Mason & Elwood, 1995). Various symptoms have been described in the husbands of pregnant women with an incidence from 11% to 65%. The most common of these are: variations in appetite, nausea, insomnia and weight gain. It is critical for health-care practitioners to understand that Couvade Syndrome is not classified as a mental condition or a disease, and males who exhibit its symptoms are not ill. Antenatal care is mostly focused on women, but fathers must also be involved.

KEYWORDS

Sympathetic Pregnancy, Couvade, Physical & Psychological symptoms, trimester

INTRODUCTION

Couvade syndrome is a word used to describe a wide range of physical and psychological symptoms that men experience while their girlfriend is pregnant.

Couvade syndrome or couvade is a term used to describe sympathetic pregnancy in men; the word *couvade* comes from the Breton word *couver*, which means to brood, hatch, or incubate.

Couvade syndrome, also called sympathetic pregnancy, is a condition in which a pregnant person's non-pregnant partner experiences symptoms that mimic those of pregnancy.

Symptoms normally start in the first trimester, lessen in the second trimester, and then return more forcefully in the third trimester. They frequently disappear when the baby is born or shortly thereafter.

Couvade Syndrome Could Be Explained By Various Different Explanations.

Couvade may be a hormonal reaction. According to several studies, Couvade syndrome is associated with a decreased testosterone levels. Furthermore, males who suddenly generate more prolactin—a hormone that plays an important role in pregnancy and lactation—are more prone to develop Couvade symptoms. After the baby is born, fathers frequently have a more emotional reaction to their baby's signs.

- Couvade could also be attributed to the father's desire to be physically involved in his partner's pregnancy. In certain traditional communities, the shift from young man to father is symbolized by a ritual in which pregnancy and childbirth are simulated.
- Couvade may be a way for some males to show their anxieties and fears about their baby's health, being responsible for a new family member, or not knowing how to care for a newborn.
- Couvade symptoms may arise as a result of the father's adjustment to his new position. It allows him to empathize with his partner and obtain a greater grasp of what she is going through, boosting both his empathy for her and his capacity to respond to her requirements. Couvade may be a more socially acceptable approach for men to embrace a more maternal role.
- The unpleasant physical symptoms could be a mechanism for them to alleviate themselves of the guilt they feel for being envious and jealous of the mother attention diverted to the unborn child.
- Couvade may also develop from a sense of being left out, as all attention is focused on expectant mother. Fathers may exhibit symptoms of envy regarding their partners' capacity to carry a child. They may also be concerned about losing their places in their relationships.

Definition

"Couvade syndrome is a psychiatric diagnosis where the male partner of a pregnant woman experiences 'pregnancy symptoms' during the

pregnancy and immediately postpartum," Stacey Pereira.

Trethowan and Conlon (1965) defined it as "a state of physical symptoms of psychogenic origin which occurred in the partners of pregnant women"

Symptoms

Men who have sympathetic pregnancy report a variety of psychological and physical symptoms, which often coexist. These symptoms include many of the most typical symptoms of pregnancy, as well as physical symptoms associated with increased stress.

Physical couvade symptoms can include:

Symptoms of morning sickness
Appetite change
Gassiness
Constipation
Diarrhea
Indigestion
Nausea
Food desire
weight gain or decrease
Pain (toothaches, backaches, headaches)

Psychological Couvade symptoms include:

frequent mood swings
Irritability
loneliness
nightmares
guilt and resentment.
insomnia
fatigue
sexual behavior changes
anxiety
panic attacks

Management Of Couvade Syndrome

Couvade syndrome does not require any specific treatment.

Cortisol and stress levels can be reduced through exercise, meditation, and treatment. Pain and gastrointestinal difficulties can be relieved with over-the-counter or prescription drugs.

Fathers have to Prepare for their baby's arrival by reading, taking a prenatal class, and preparing their home. Feeling prepared might help reduce stress, which may alleviate your symptoms.

Summary

Men who have pregnant spouses can genuinely suffer pregnancy symptoms. According to some study, it has to do with a deep empathy known as "compathy" or "loading," which occurs when a person takes on another's misery.

CONCLUSION

Despite the fact that little is known about couvade syndrome, it is a legitimate issue for men who develop symptoms and have a sympathetic pregnancy. Couvade syndrome, whatever its causes, is a phenomenon that can affect pregnant fathers, particularly first-time fathers who are more prone to experience the concerns of new parenthood.

Health-care providers should anticipate prospective fathers' wants and issues and aid them in dealing with the difficult parts of parenting.

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