

# Dads and Development: Exploring the Role of Fathers in Promoting the Health and Development of their Children

Yonatan Ambrosio, 2024, Department of Psychology  
The Telethon Kids Institute in Perth, Australia

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## Introduction

- The Telethon Kids Institute is a medical research institute dedicated to the development of treatments and practices to improve the health and wellbeing of children.
- My project sought to explore the relationship between the wellbeing of fathers and the impact this has on the development and wellbeing of their children.

## Objective of Internship

My project(s) sought to explore the relationship between the wellbeing of fathers and the impact this has on the development and wellbeing of their children.

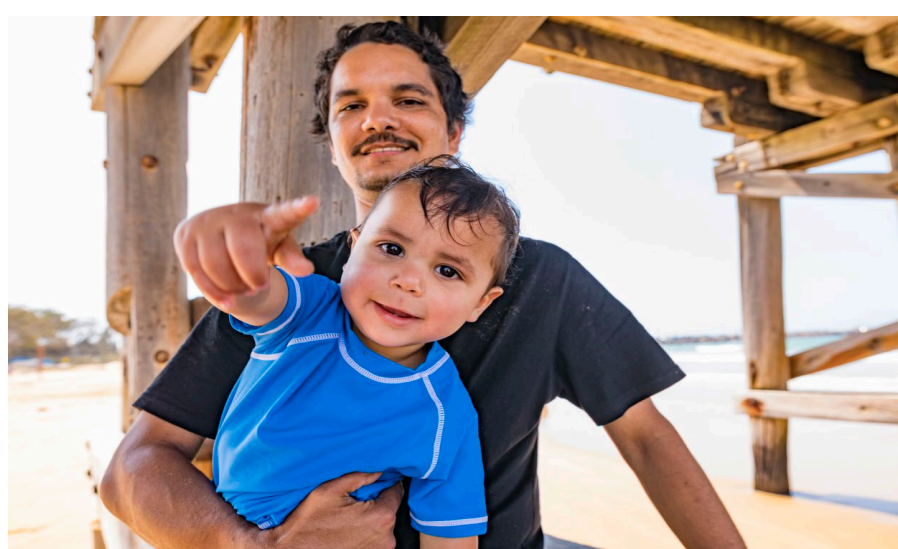


Photo from  
Fathering  
Project  
Website.

## Work profile

- Worked under the guidance of Dr. Vincent Mancini (Ph.D.), a senior researcher for the Population Health Team at Telethon Kids Institute and for the Fathering Project.
- Projects sought to A) explore how online support videos could aid a father's role in the development of their children B) identify and track current tools used to measure perinatal mental health of fathers.
- Under my role, I was tasked with creating an online survey and applying for ethics approval for project one and being a co-reviewer for a scoping review in project two.

## Reflection

- I was able to join a highly collaborative team and commit myself to two projects that sought to bring about resources and new research on underserved groups in the medical field, including culturally and linguistically diverse fathers.
- Through creating an online survey in Qualtrics, I helped establish the foundation for a research project in collaboration with researchers at Western Sydney University that will explore the accessibility and acceptability of online video supports.
- My work as a co-reviewer in a scoping review will be the basis for a scoping review article to track and highlight the current tools and measurements of perinatal mental health in fathers.



Telethon Kids Institute location in Perth.

- This project and my work with Dr. Mancini also helped me situate the research on a broader scale, and thinking about the **impact** research has on communities.
- Through this, I helped draft a website page on the Fathering Project to introduce the project and upload the video series for fathers to access.



A still from the video series created by the Prepare Foundation and Western Sydney University.

- Through my experience at the Telethon Kids Institute, I was exposed to many research skills, including:

- Cultivating an online survey (e.g. through Qualtrics)
- Applying for ethics approval for research studies
- Collaborating with researchers from other institutions and coordinating a project.
- Writing a protocol for a scoping review and uploading to the Open Science Framework (OSF)
- Working as a co-reviewer in a JBI-compliant scoping review.
- Writing a scientific article for a research project to be sent for review and publication.

## Looking ahead

- The knowledge and experience acquired through this internship will allow me to continue my own research in the field (e.g. senior thesis).
- The scientific skills gained will guide me as an aspiring clinical psychologist.

## Questions

- Now that we have explored and identified issues that fathers face in aiding their children's health and wellbeing (e.g. mental health struggles and lack of support resources), what are the next steps for implementing and creating programs for this population?

## Conclusion

- It is important to investigate the current state of research into a particular group in medical settings that have often been overlooked. Moreover, it is crucial to identify and evaluate support resources that can be used to help fathers be a more involved figure in the development of their children.

## Acknowledgements

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