



JUST THE FACTS

Teens with involved
dads **have lower**
levels of stress
and depressive
symptoms.

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Fatherhood
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SOURCE: Ford, C.A., Pool, A.C., Kahn, N. F., Jaccard, J., & Halpern, C.T. (2023). Associations between mother-adolescent and father-adolescent relationships and young adult health. *JAMA Network Open*, 6(3), e233944.