

COVID-19 and Family Wellbeing Study



Study Overview

Our goal is to understand how the Coronavirus (COVID-19) pandemic affects psychological wellbeing and stress during and after pregnancy, and in turn, infant/child development.

Participants began Phase 1 when they were in their first, second, or third trimester of pregnancy. We continued following them during early postpartum (Phase 2), and when infants were 6-months-old (Phase 3).

We are currently collecting Phase 4 data (infants at 15 months of age), and will be launching the 24 month sessions (Phase 5) in summer 2022.

In this issue...

COVID-19 Impacts

Pregnancy
Post-Delivery
6 Months Postpartum
15 Months Postpartum

Parent Comments

Child Development

Parent-Child

Activities & Resources

Next Steps

Selected Publications

Study Update:

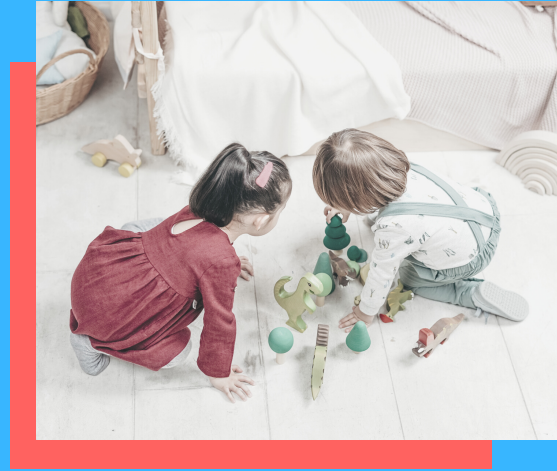
6 Month Sessions

(COMPLETE)

Surveys: 186



Zoom Calls: 157



15 Month Sessions

(ONGOING)

Surveys: 183

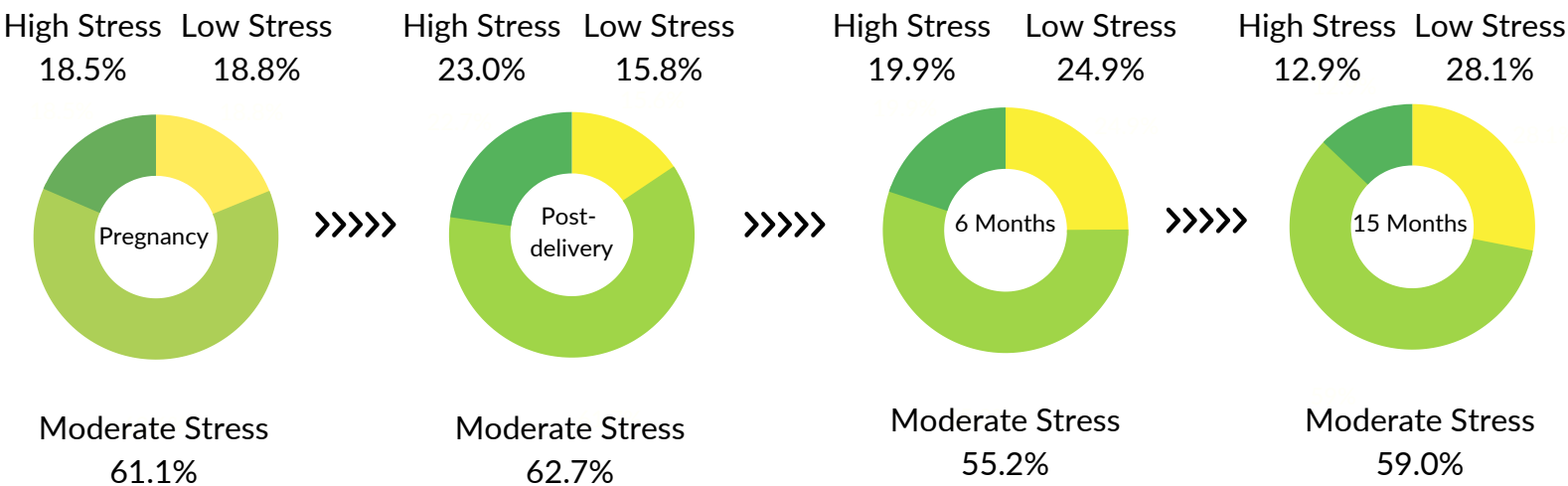


Zoom Calls: 137

Returned Hair & Saliva Samples: 207







COVID-19 and Parent Stress



While it is common for parents to experience stress during the postpartum period, the impact of COVID-19 and associated factors has elevated levels of stress.

Resources for Parents to Help Manage Stress

-  [Postpartum Support International](#)
-  [Social Connection and Mental Wellness During COVID-19](#)
-  [CDC - Coping with Stress](#)
-  [Parenting during COVID-19: A new frontier](#)

Developmental Areas Assessed

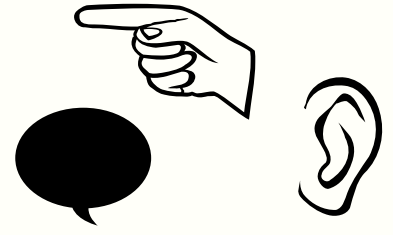
Motor Skills

- Crawling
- Walking
- Grasping



Communication

- Pointing
- Imitating
- Speaking



Problem-Solving



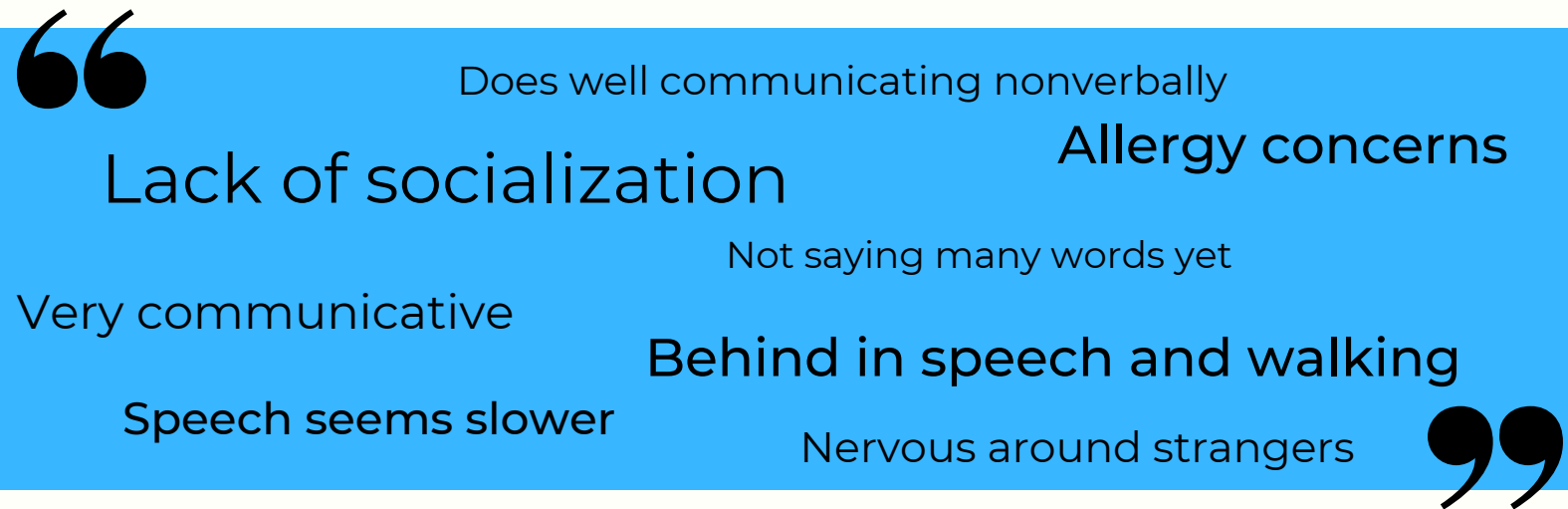
- Reach for toys with other object
- Copying movements
- Fills / empties containers

Personal-Social



- Assist with (un)dressing
- Seek help with toys
- Interaction with others

Parent Comments at 15 Months



Activity / Resource Links



[18 Month Activities](#)

[18 Month Social-Emotional Development Activities](#)



[18 and 24 Month Fun and Easy Activity Ideas](#)

[24 Month Activities](#)



[30 Month Activities](#)

[30 Month Social-Emotional Development Activities](#)

Next Steps

15 Months

24 Months

36 Months

Finishing in Summer 2022

Summer 2022

Summer 2023



zoom



NEW

An in-person option will
be available starting at
this time point!
(All online options will
still be available)



zoom



Investigators



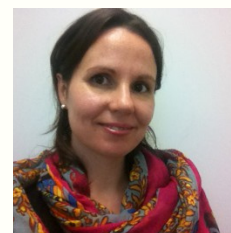
Dr. Jennifer Khoury
Mount Saint Vincent University



Dr. Andrea Gonzalez
McMaster University



Dr. Leslie Atkinson
Ryerson University



Dr. Terry Bennett
McMaster University



Dr. Susan Jack
McMaster University

Select Publications

- Khoury, J.E., Atkinson, L., Bennett, T., Jack, S.M., & Gonzalez, A. (2021). Coping strategies mediate the associations between COVID-19 experiences and mental health outcomes in pregnancy. *Archives of Women's Mental Health*, 24(6), 1007-1017.
- Khoury, J.E., Atkinson, L., Bennett, T., Jack, S.M., & Gonzalez, A. (2021). COVID-19 and Mental Health During Pregnancy: The Importance of Cognitive Appraisal and Social Support. *Journal of Affective Disorders*, 282, 1161-1169.
- Khoury, J.E., Gonzalez, A., & Jack, S.M on behalf of the PHN-PREP Project Team (2021). Supporting pregnant individuals cope with stress during COVID-19. [Professional Resource]. School of Nursing, McMaster University.
- Khoury, J.E., Atkinson, L., Bennett, T., Jack, S.M., & Gonzalez, A. (under review). Prenatal distress, access to services, and birth outcomes during the COVID-19 pandemic. *Early Human Development*.

If you would like a copy of any of the publications above, please reach out to the email below

Thank You For Participating!

Check out our research website: dpresearchcentre.com

Study email: pregnancystudy.mcmaster@gmail.com