

COVID-19 and Wellbeing During Pregnancy



Study Overview

Our goal is to understand how the coronavirus (COVID-19) pandemic affects psychological wellbeing and stress during and after pregnancy.

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 the 6-month follow-up (Phase 3).

PARTICIPANTS

COVID-19 IMPACTS

POST-DELIVERY OUTCOMES

NEXT STEPS

SELECTED PUBLICATIONS



304

Pregnancy



265

Early Postpartum



135+

6-Month Postpartum

Participants

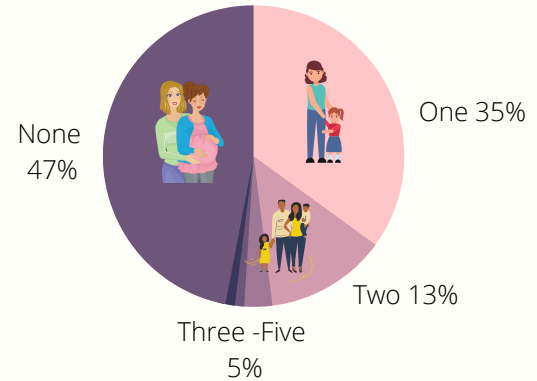
Duration of Pregnancy in Phase 1



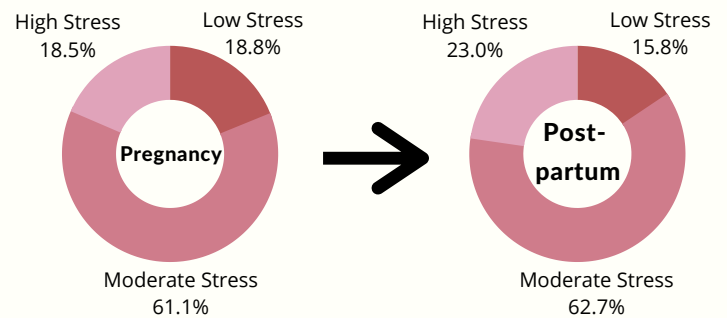
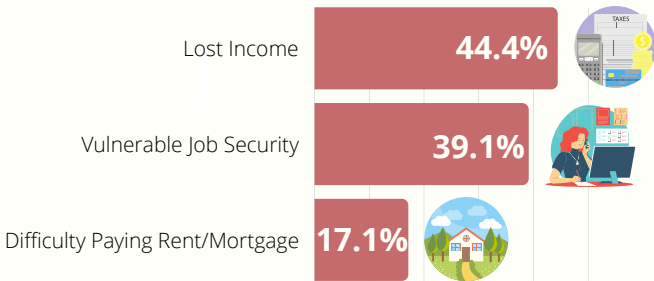
32 years

Average Age of Parents

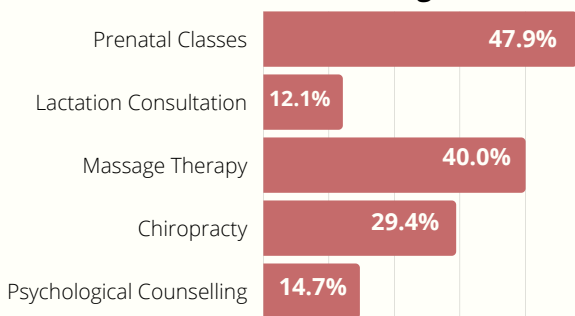
Number of Other Children



COVID-19 Impacts



Trouble Accessing Services



58.9%

Experienced change(s) in birthplan

Despite these stressors, parents also reported **positive experiences**



63.1%

More time in nature/being outdoors



75.6%

Increased virtual contact with family and friends



66.2%

More appreciative of things usually taken for granted

Post-Delivery Outcomes

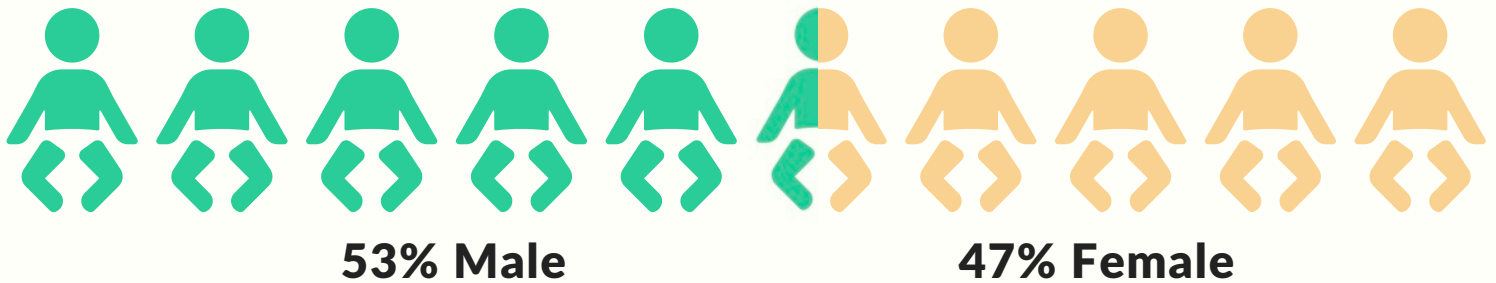
3.47 kg

Average Birth Weight

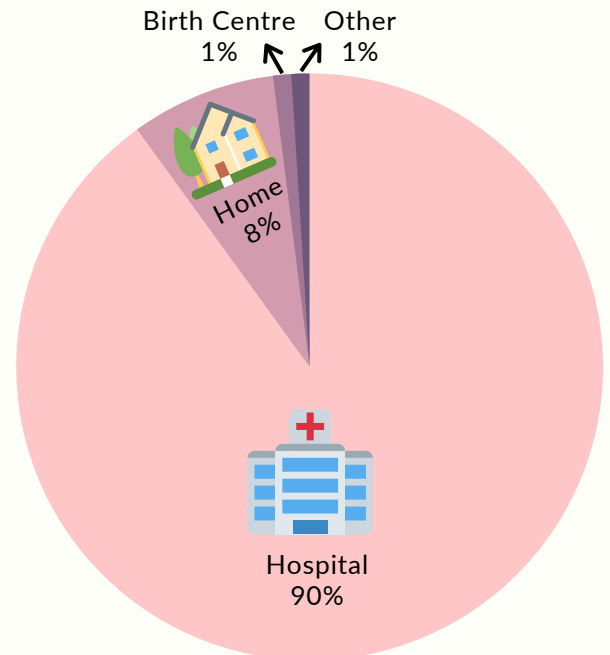
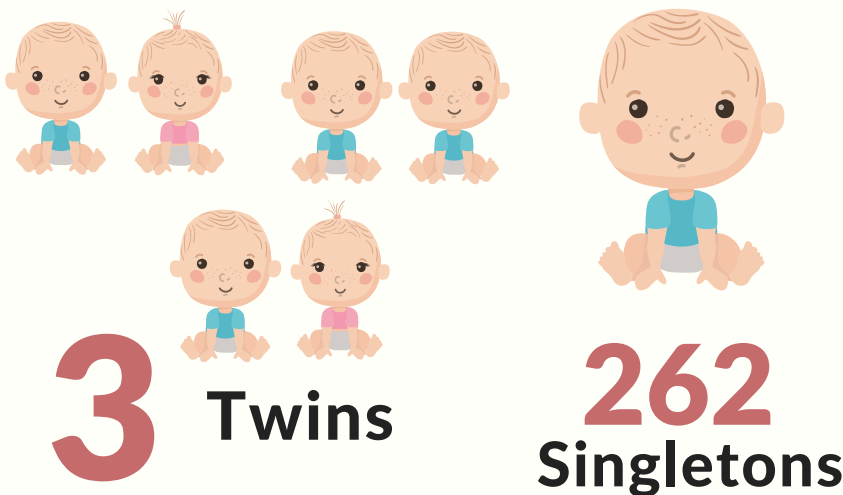
38.8 wks

Average Gestational Age

Baby Sex



Place of Birth



6 Month Follow-Up (ongoing)



Online Survey



Hair Sample

zoom
Call

Research Focus:

- Infant Development
- Parent-Infant Relationships
- Parent Wellbeing
- Infant Feeding Practices

The Investigators



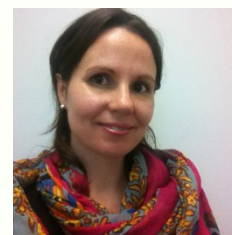
Dr. Jennifer Khoury
Mount Saint Vincent University



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. (in press). Coping strategies mediate the associations between COVID-19 experiences and mental health outcomes in pregnancy. *Archives of Women's Mental Health*.

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. [Download here](#)

THANK YOU FOR PARTICIPATING!



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