

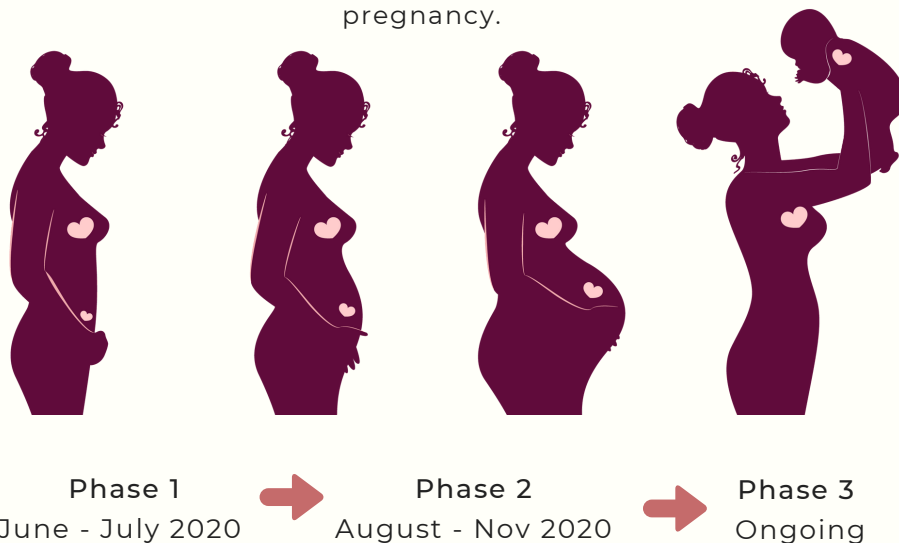
COVID-19 and Wellbeing During Pregnancy



Study Overview

Our goal is to understand how the coronavirus (COVID-19) pandemic affects psychological wellbeing and stress during and after pregnancy. The knowledge gained from this research will inform support services for families during this challenging time.

We will follow participants during each trimester of pregnancy and 6 weeks postpartum. Participants began Phase 1 of the study when they were in their first, second, or third trimester of pregnancy.



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PARTICIPANTS & DATA COLLECTION

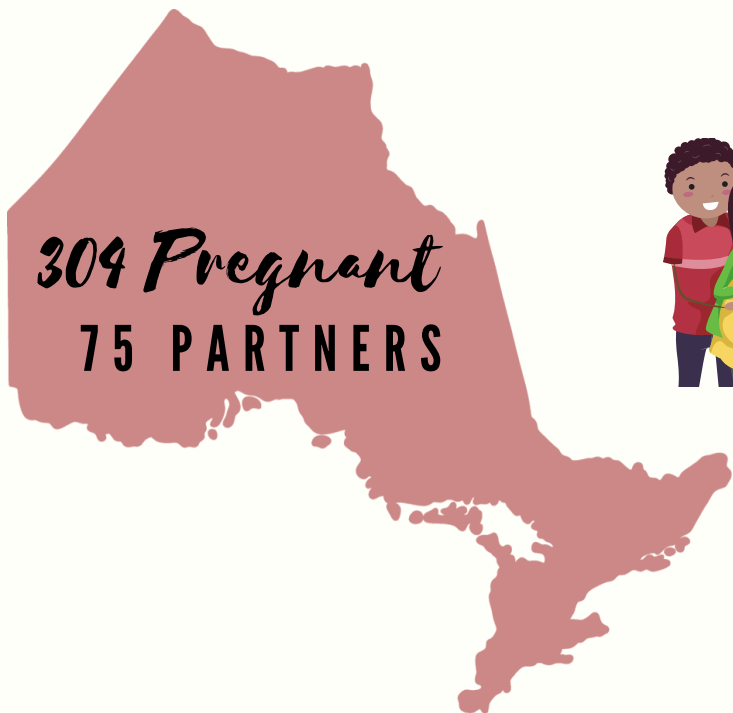
NEXT STEPS

INITIAL STUDY FINDINGS

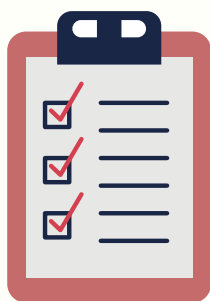
MEET THE INVESTIGATORS

Participants

First Trimester: 74
Second Trimester: 137
Third Trimester: 93



Data Collection



Online Surveys

Questionnaires were used to capture individual experiences, feelings, and stressors related to COVID-19.



Hair Samples

Hair samples were collected to assess cortisol, a stress hormone. This will tell us how COVID-19 impacts stress levels.

NEXT STEPS



Process hair samples to measure stress (cortisol) levels



Continue Phase 3 data collection



Examine changes in COVID-19 experience across phases of the study

Initial Study Findings

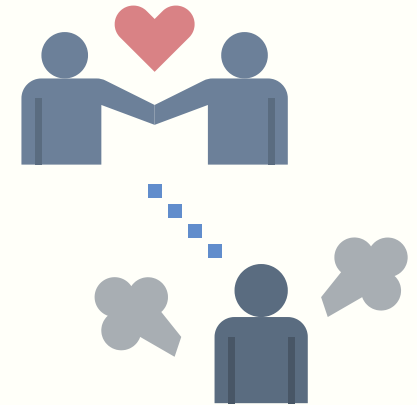
Pregnant women are experiencing a **range of stressors** as a result of the COVID-19 pandemic, including:



Financial difficulties

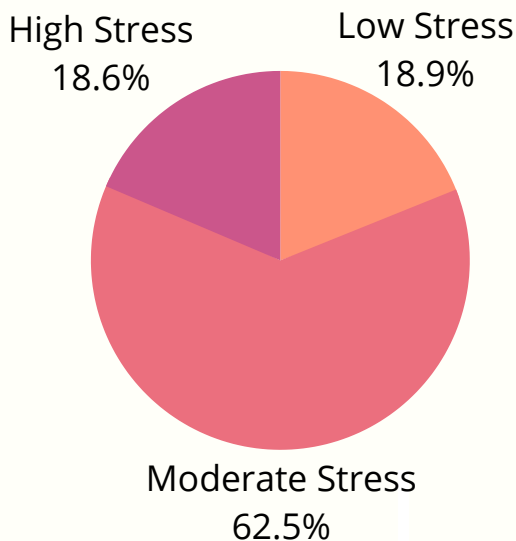


Less social contact



Relationship stress

Pregnant women are experiencing **psychological distress.**



Seeking **social support** promotes psychological wellbeing.



Those who viewed the pandemic **more positively**, experienced **less mental health problems.**

Meet the Investigators



Dr. Jennifer E. Khoury

Dr. Jennifer Khoury is a postdoctoral fellow at the Offord Centre for Child Studies and in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. Her research examines the impact of early life stress (e.g., parent mental health, child maltreatment) on child development, with a particular focus on parent and child neurobiological stress and emotion regulation. Her research spans from the prenatal period to adulthood.

Dr. Andrea Gonzalez is a member of the Offord Centre for Child Studies and Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. Her research focuses on the developmental consequences of early life adversity; the impact of trauma on brain development, behavioural outcomes and health; the intergenerational transmission of risk; and developing and evaluating evidence-based preventive interventions.

Dr. Andrea Gonzalez

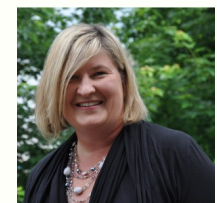


Dr. Leslie Atkinson

Dr. Leslie Atkinson is a Professor in the Department of Psychology at Ryerson University. His current research interests involve developmental psychopathology, the study of early biological, psychological, and social factors that influence the course of development, typical and atypical.

Dr. Teresa (Terry) Bennett is a child and adolescent psychiatrist, a member of the Offord Centre for Child Studies and Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. Her research interests include prevention and family-centered child and youth mental health care.

Dr. Terry Bennett



Dr. Susan M. Jack

Dr. Susan Jack is Professor in the School of Nursing at McMaster University, Associate Member, Department of Health Research Methods, Evidence and Impact, and a Core Member of the Offord Centre for Child Studies. Her clinical background is in community health and public health nursing, with a specific focus on family health and home visiting socially and economically disadvantaged young families.

THANK YOU

Thank you for your support and participation in the COVID-19 and Wellbeing During Pregnancy Study! We greatly appreciate your time and effort. Without your help, this work would not be possible. We look forward to your continued participation in this study and will continue to provide newsletters as the study progresses.



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