

Depression and anxiety in women after childbirth during the COVID-19 pandemic

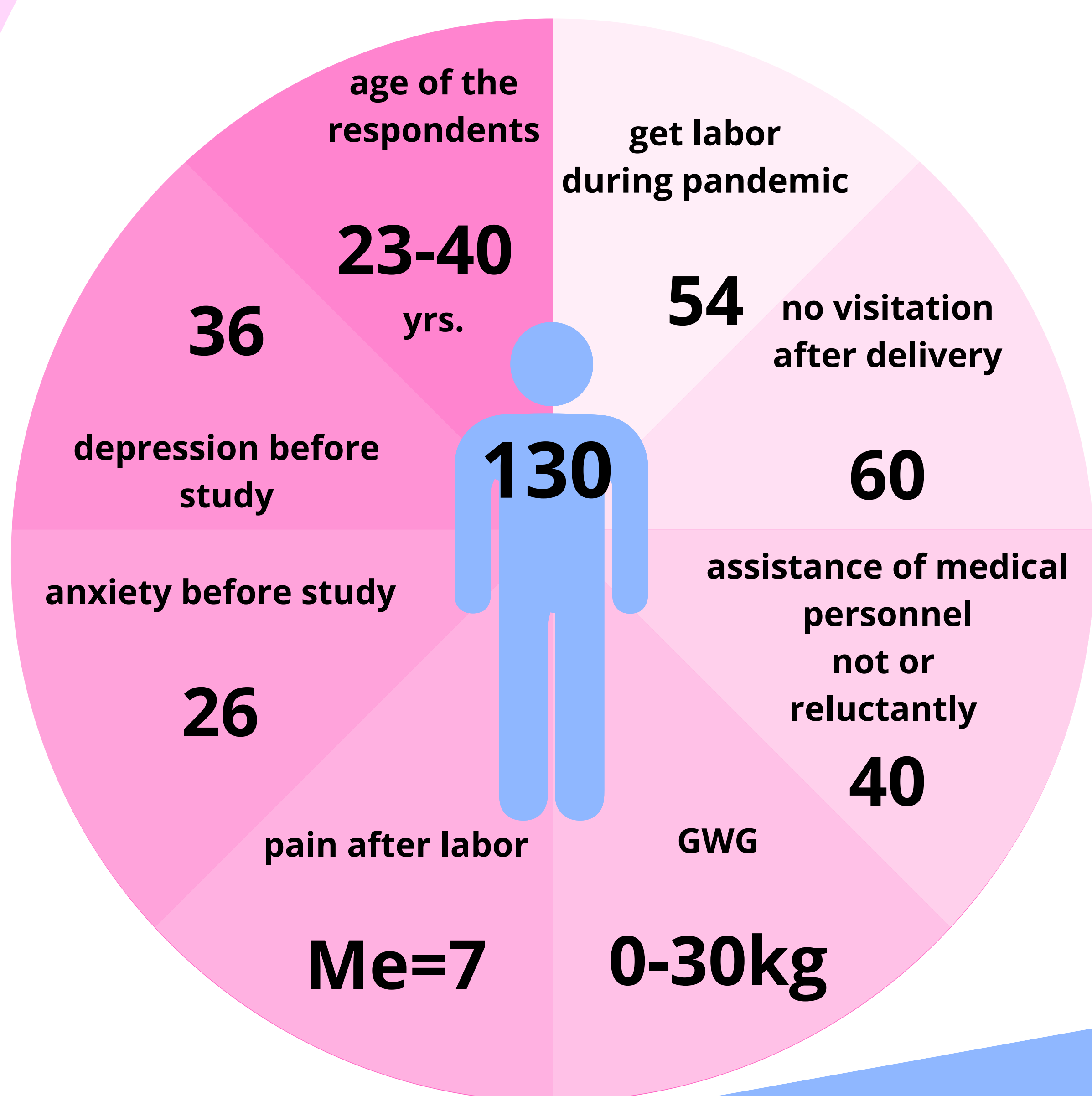


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Material:



The aim of the study was to assess the occurrence of depression and anxiety disorders in postpartum women during the COVID-19 pandemic

Methods:

- General Anxiety Disorder-7 (GAD7)
- Edinburgh Postnatal Depression Scale (EPDS)
- Author's questionnaire
- Statistical analysis using Statistica 13 Software

Results:

Depression (EDSP)	Before childbirth		After childbirth	
	N	%	N	%
no symptoms (0-11)	108	83,08	78	60,0
depression symptoms (>12)	22	16,92	52	40,0
Total	130	100	130	100
Significance (p)	p=0,009			

Level of generalized anxiety (GAD 7)	Before childbirth		After childbirth	
	N	%	N	%
Mild	56	43,08	50	38,46
Moderate	26	20,0	26	20,0
Moderately severe	20	15,38	16	12,31
Severe	28	21,54	38	29,23
Total	130	100	130	100
Significance (p)	p=0,330			

	N (%)	GAD 7			EPDS		
		X Before	X After	p	X Before	X After	p
Educational status							
Medium	2 (1,5)	8,67	7,92	0,682	7,75	10,25	0,083
Professional	24 (18,5)	16,0	17,0	-	8,0	17,0	-
Higher	104 (80,0)	7,48	8,83	0,216	5,94	11,04	<0,001
Type of work							
Mental	80 (61,5)	7,68	8,13	0,667	5,88	10,38	<0,001
Physical	22 (16,9)	8,45	10,73	0,405	5,91	12,0	0,021
Does not work	28 (21,5)	7,79	9,14	0,582	7,86	11,93	0,072
Place of residence							
Urban	98 (75,4)	7,69	8,90	0,271	6,71	11,57	<0,001
Rural	32 (24,6)	8,25	8,44	0,917	5,06	9,19	0,011
SES							
Very good	38 (29,2)	6,37	8,11	0,165	6,32	10,32	0,001
Good	76 (58,5)	7,74	8,08	0,810	6,11	10,29	0,001
Average	16 (12,3)	11,75	13,75	0,306	7,25	15,88	0,004
Anxiety disorders in the examined person							
Yes	26 (20,0)	11,0	11,0	1,0	9,69	15,0	0,020
No	104 (80,0)	7,04	8,23	0,199	5,46	9,98	<0,001
Neurosis in the examined person							
Yes	28 (21,5)	9,86	8,79	0,649	8,93	13,07	0,012
No	26 (78,5)	7,27	8,78	0,132	5,59	10,41	<0,001
Depression in the examined person							
Yes	36 (27,7)	8,50	8,67	0,942	8,94	12,89	0,019
No	94 (72,3)	7,57	8,83	0,192	5,3	10,26	<0,001
Bipolar disorder in the examined person							
Yes	4 (3,1)	11,5	15,0	0,395	11,0	13,0	0,626
No	126 (96,9)	7,71	8,59	0,359	6,16	10,92	<0,001
Labor during pandemic							
Yes	54 (41,5)	8,59	8,26	0,835	6,26	11,07	<0,001
No	76 (58,5)	7,29	9,16	0,095	6,34	10,92	0,002
Visit after childbirth							
Yes	70 (53,8)	6,91	8,63	0,135	6,0	10,86	0,002
No	60 (46,2)	8,90	8,97	0,965	6,67	11,13	<0,001
Type of labor							
Force of nature	54 (41,5)	8,63	7,81	0,578	6,15	10,22	0,002
Caesarean section	76 (58,5)	7,26	9,47	0,065	6,42	11,53	<0,001
Assistance of medical personnel							
Yes	90 (69,2)	7,24	7,20	0,969	6,22	9,62	0,001
No	16 (12,3)	7,38	10,25	0,173	4,25	13,25	<0,001
Reluctantly	24 (18,5)	10,33	13,75	0,149	8,0	14,58	0,003
Pain making it difficult to care for a baby after birth							
Yes	60 (46,1)	9,63	12,43	0,037	7,37	13,33	<0,001
No	70 (53,9)	6,29	5,66	0,623	5,40	8,97	0,003
The problem with lactation							
Yes	66 (50,8)	6,94	10,88	0,004	6,06	13,15	<0,001
No	64 (49,2)	8,75	6,63	0,070	6,56	8,75	0,019

Conclusions:

Childbirth is an enormous effort for a woman, both physically and mentally. At this particular time, a woman should be cared for and supported by medical staff and loved ones. Long-term depressive symptoms after childbirth may turn into permanent depression, which adversely affects the relationship between the mother and the child, as well as the child's development and recovery of the mother's strength and health before delivery.