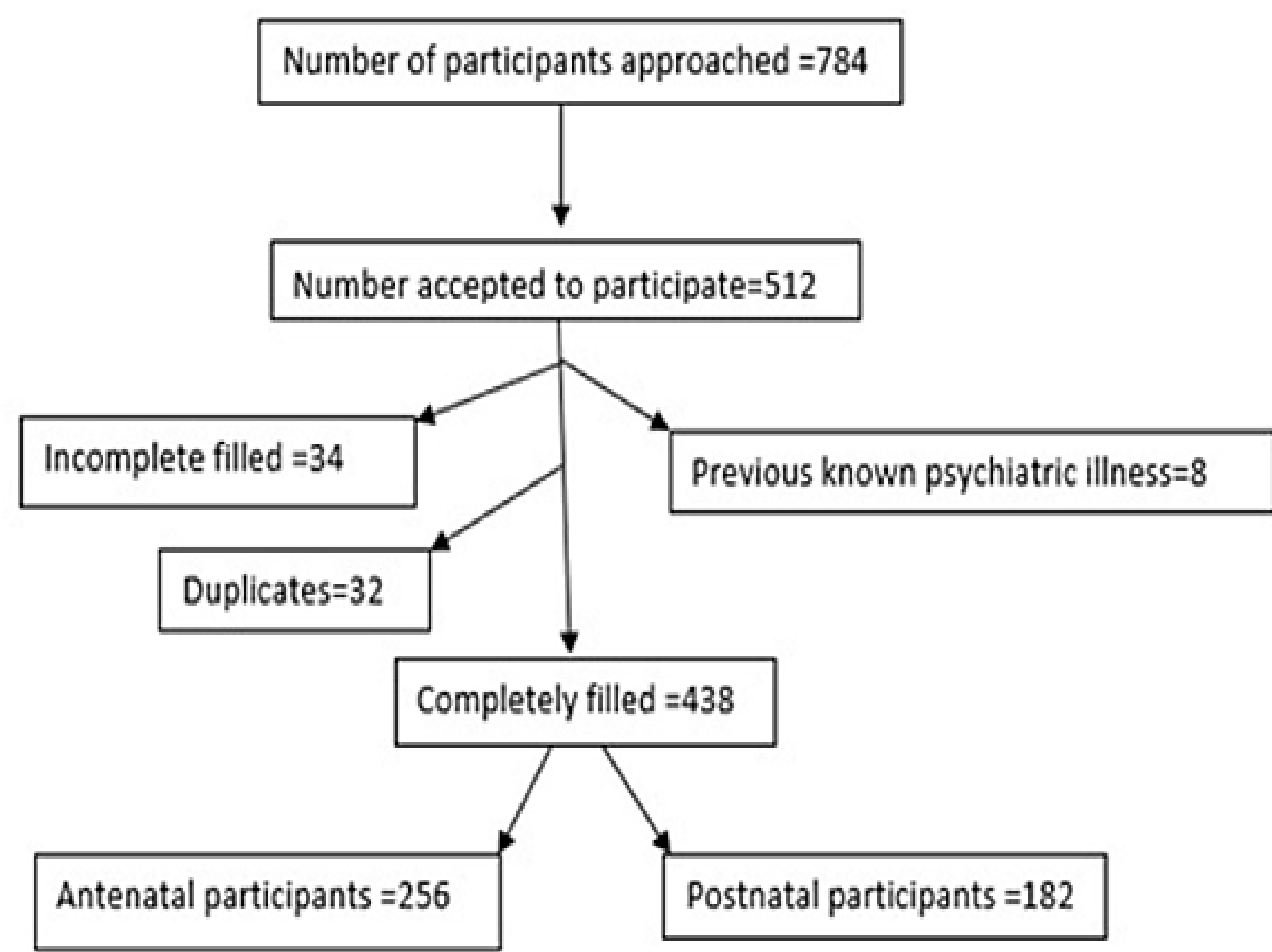


Introduction:

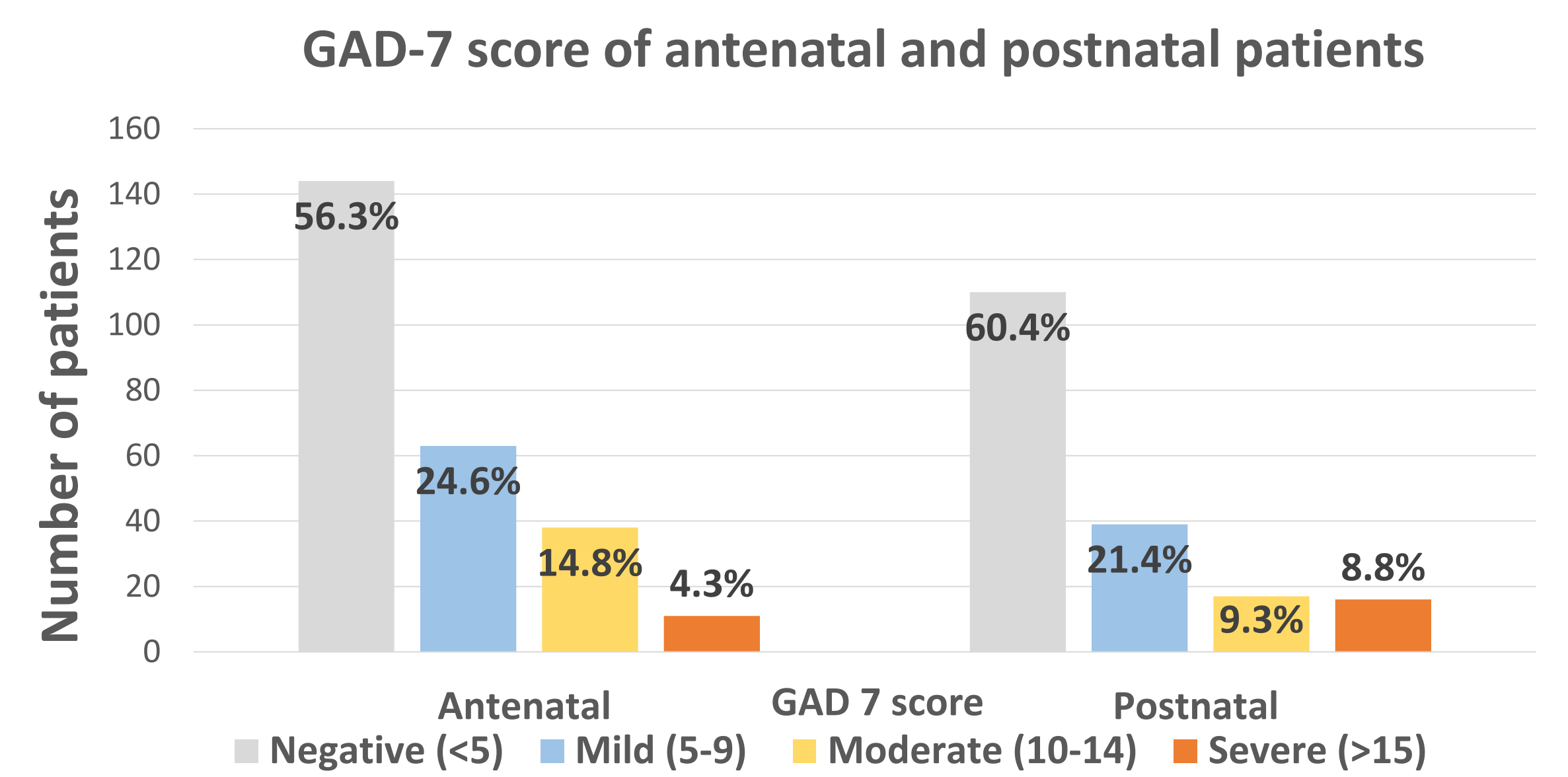
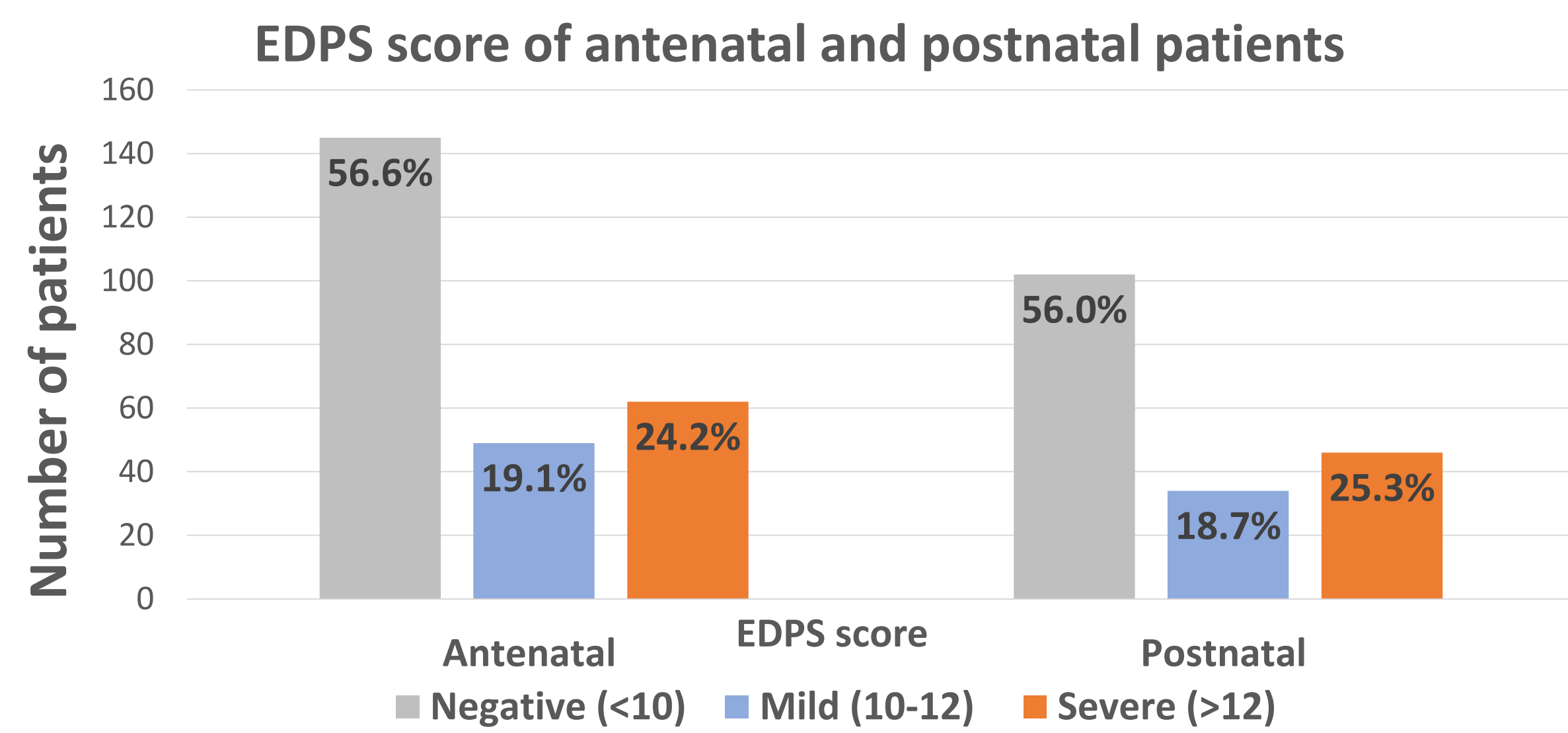
- The most prevalent health disorders in women during pregnancy and the postpartum period are perinatal anxiety and depression (PAD).
- Outbreak of COVID-19 had added to the stress and anxiety in perinatal women.

Materials and Method:

- A cross-sectional observational study was conducted at Dubai Hospital, a tertiary center, from April 2021 to April 2022 after ethical approval from the Dubai Scientific Research Ethics Committee, Dubai Health Authority (Ref:DSREC-03/2021_18).
- Demographic information, validated English and Arabic-Edinburgh Postnatal Depression Scale (EDPS) scores, validated English and Arabic Generalized Anxiety Disorder scale (GAD-7) score, and COVID-19 specific questionnaires were collected from the patients who gave written informed consent.

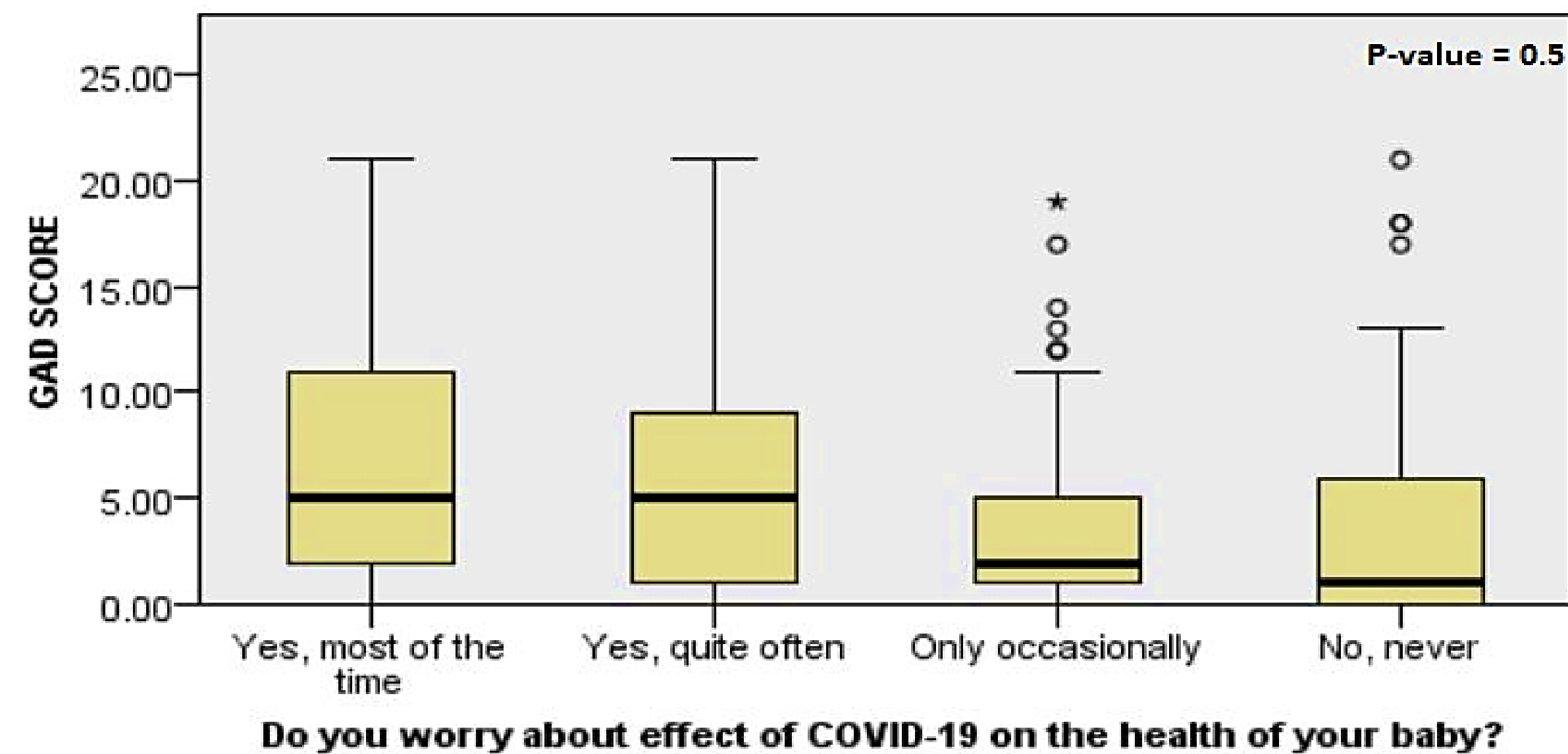
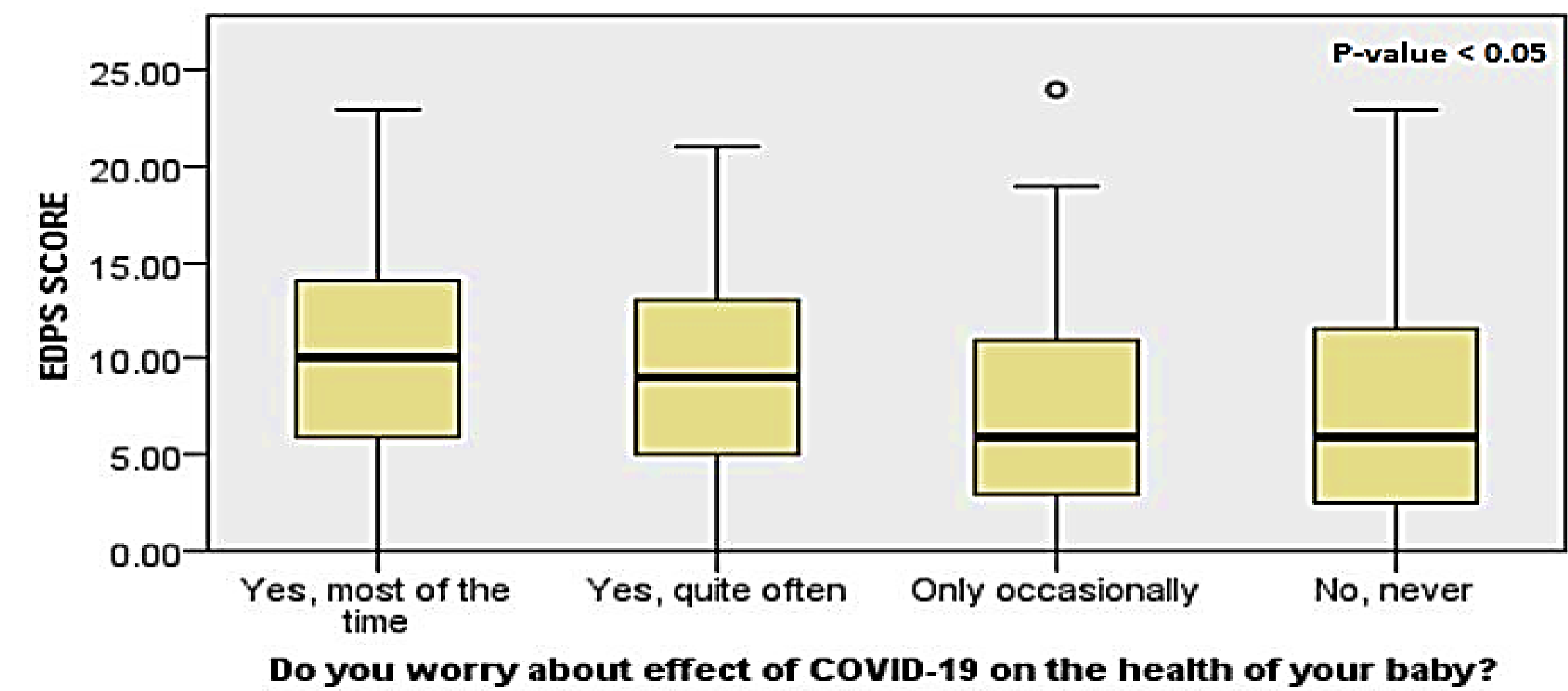
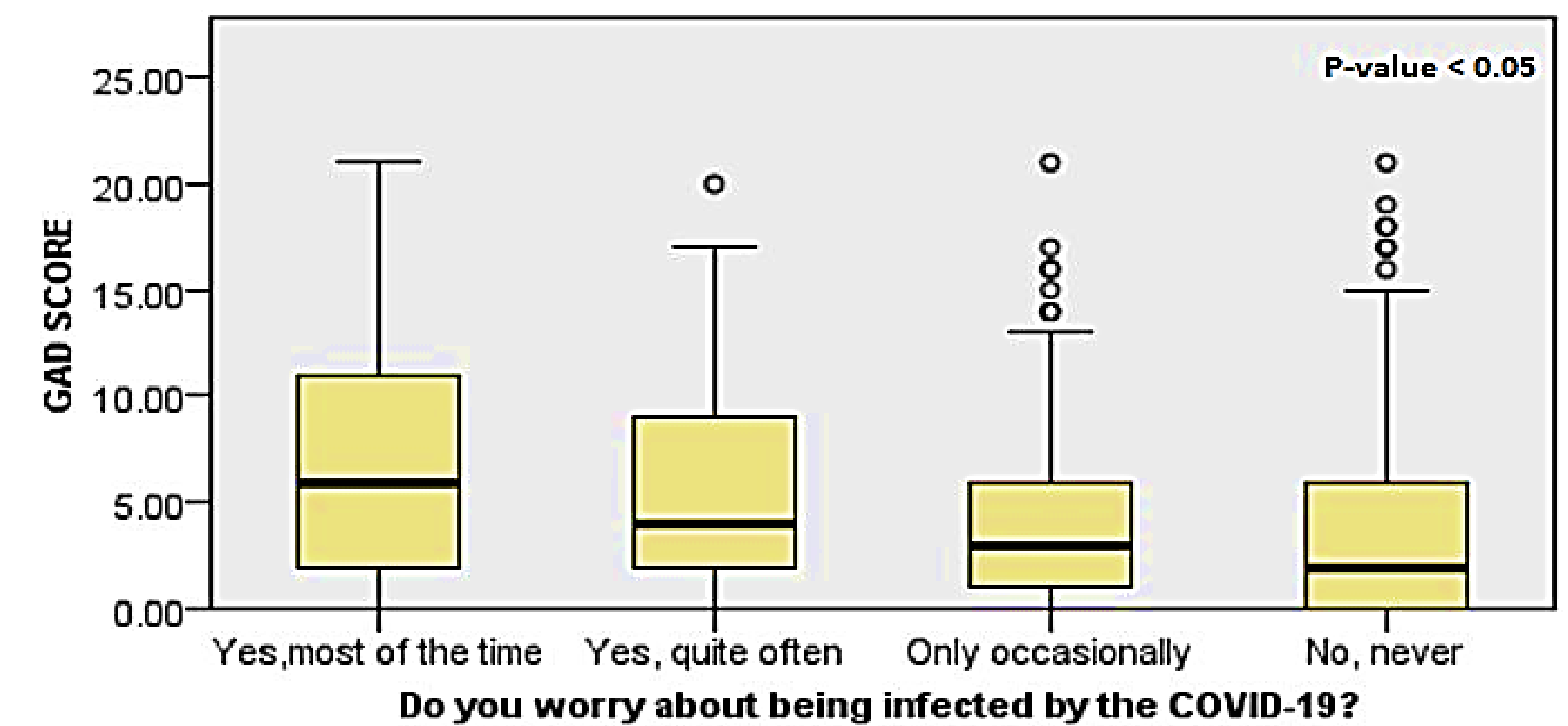
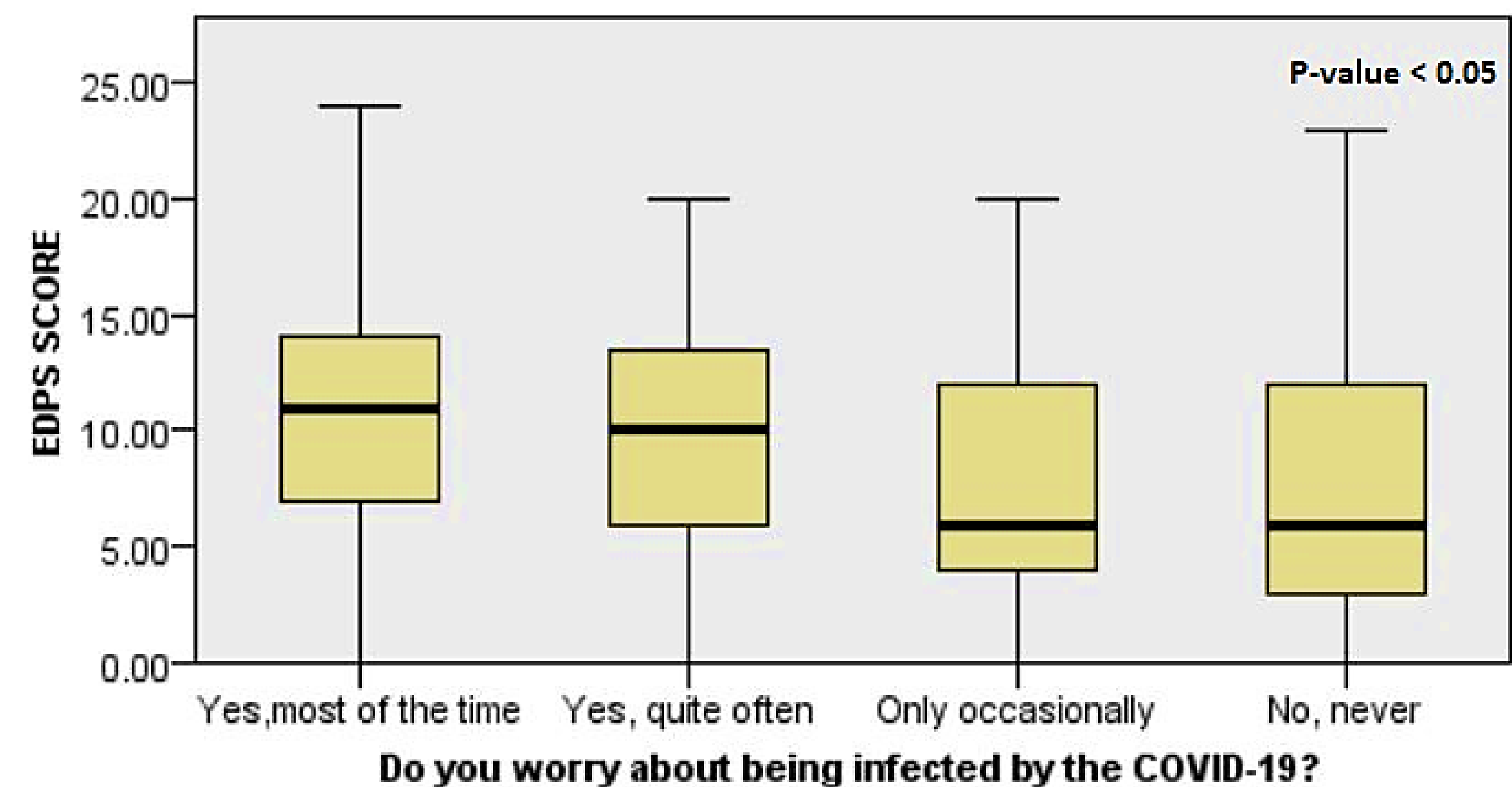


Results:



- 43.6%** of the women screened positive for depression by EDPS scale with cutoff of 10 or more as significant.
- 42%** of the women had GAD-7 score 5 or more indicating anxiety.
- 7.5%** had considered self-harm in last 14 days.
- 15%** had COVID-19 during this pregnancy
- The **11.87%** who had COVID-19, but prior to the pregnancy, had a higher mean EDPS and GAD-7 score than others.
- Surprisingly, the women who had COVID-19 during pregnancy had statistically significant ($p < 0.05$) **lower** EDPS and lower GAD-7 score.

- University graduates and office workers had significantly ($p < 0.05$) **higher** EDPS and GAD scores.
- Women of middle eastern ethnicity (**50%** positive for depression and **48.5%** positive for anxiety) were more prone to depression and anxiety compared to South Asian (**29%** positive for depression and **25.2%** positive for anxiety) and African women (**39.6%** positive for depression and **43.4%** positive for anxiety).
- There was **no** statistically significant difference between antenatal and postnatal patient for prevalence of anxiety or depression.



Conclusion:

Pregnant and postnatal women are at increased risk of anxiety and depression, but the fear of the COVID-19 infection to herself or her baby has had a significant negative impact on the mental health of the women.

References:

- National Institute for Health and Care Excellence. Antenatal and postnatal mental health: clinical management and service guidance. Available : www.nice.org.uk/guidance/cg192.
- Ghubash R , Abou-Saleh M T ,Daradkeh TK.The validity of the Arabic Edinburgh Post-natal Depression Scale. Soc Psychiatry Psy-chiatr Epidemiol 1997;32:474–6.

Acknowledgements :

Dr. Haneena Haneefa for helping with formatting and adding graphics to the e-poster.

Author Contact: drzenabtambawala@gmail.com