



Psychological wellness and its relationship with Cesarean delivery quality of recovery and peritraumatic distress: a prospective observational study

Luc Saulnier BA (Hons) MA, Anthony Chau MD MSc FRCPC, Susan Bright MD FRCPC, Philip Crowell MA MDIV PhD, Simon Massey MB BCh MRCP FRCA FRCPC



Introduction:

Psychological variables in obstetric anesthesia:

ObsQoR-11

- A prominent obs. anes. recovery assessment tool¹

Peritraumatic distress

- Clinical predictor of post partum PTSD and major depressive disorder (MDD)^{2, 3}

Psychological wellness assessments:

Perceived wellness survey (PWS)

- Assesses: psychological, social, physical, spiritual, intellectual, and emotional components⁴
- Has clinical utility outside of obstetrics⁵
- Widely used in social science research (800 citations)

Aim: Assess if psychological wellness is related to obstetric quality of recovery and to traumatic distress experienced during CD.

Method:

Sample:

$n = 200$

- 100 planned CD and 100 unplanned CD

Data Collected at 24hr postop:

- Questionnaires: Obstetric Quality of Recovery (ObsQoR-11)⁶, Peritraumatic Distress Inventory (PDI)⁷, Perceived Wellness Survey (PWS)⁴

Primary Outcome:

- Correlation: **Psych. wellness** and **quality of recovery**

Secondary Outcomes:

- Correlation: **Psych. wellness** and **peritraumatic distress**
- Correlation: **Quality of recovery** and **peritraumatic distress**



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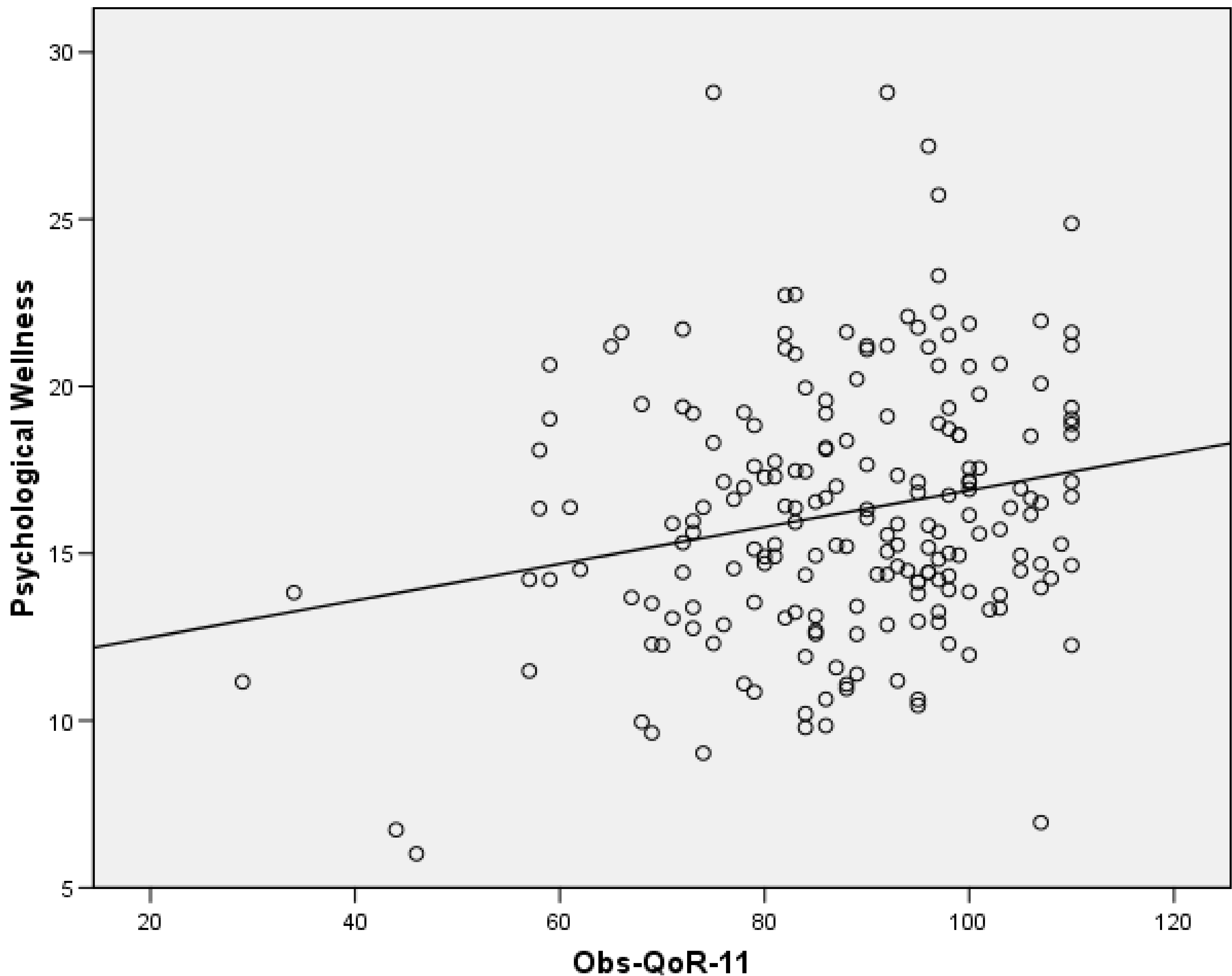
Results:

Primary Outcome:

Correlation: **Psych. Wellness** and **Quality of Recovery**

- ($r = .21$, $p = .003$)

Figure 1. Scatterplot for PWS and ObsQoR-11



Secondary Outcomes:

Correlation: **Psych. Wellness** and **Peritraumatic Distress**

- ($r = -.32$, $p < .001$)

Correlation: **Quality of Recovery** and **Peritraumatic Distress**

- ($r = -.33$, $p < .001$)

Table 1. Correlations for: PWS Subsets, ObsQoR-11, and PDI

PWS Subsets	ObsQoR-11	Peritrauma
Psychological	<i>ns</i>	-.36**
Social	<i>ns</i>	-.33**
Physical	.26**	-.36**
Spiritual	<i>ns</i>	-.30**
Intellectual	<i>ns</i>	-.30**
Emotional	<i>ns</i>	-.27**

Bonferroni corrected. ** = Significant $p < 0.004$



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Discussion:

Psychological wellness:

- Positively related to quality of recovery
 - Low = different postpartum constructs
- Negatively related to peritraumatic distress
 - As is ObsQoR-11

Psychological health subsets:

- ObsQoR-11 correlate with physical health subset only
 - Not capturing psychological recovery
- A validated obs. specific psychological health measure may be beneficial
 - May capture different aspects of recovery & protection against traumatic distress from CD

Future Directions:

- Psychological wellness as a recovery tool
 - Compliment ObsQoR-11
- Importance of longitudinal research
 - Onset of PTSD and MDD
- Possible correlates with patient reported outcome measures
 - Patient satisfaction, patient expectations, etc.

References:

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