2022

COVID-19 Impact and the Association between Sociodemographic, Social Support, Depression, and Anxiety in the Mindful Moms Program

Ashley Nguyen

COVID-19 Impact and the Association between Sociodemographic, Social Support, Depression, and Anxiety in the Mindful Moms Program

Ashley Nguyen, Susan Bodnar-Deren, Ph.D., Patricia Kinser, WHNP-DCB, RN
Virginia Commonwealth University
nguyenad5@vcu.edu

VCU

Objective

- The objective of this study is to examine the association between the impact of COVID-19 sociodemographic (race, age, children, and socioeconomic status), social support, depression, and anxiety.

Background

- The COVID-19 pandemic lockdown resulted in lessened social support and a higher incidence of depressive symptoms.

- Low-income families were more likely to have experienced negative impacts on income, access to mental health treatment, stress and discord within the family, and higher anxiety scores during the pandemic.

- Minority groups had higher COVID-19 incidence and mortality rates.

- 20% of pregnant women in the United States experience clinically significant depressive symptoms, with marginalized populations carrying a greater burden.

- Depression scores of pregnant individuals during the COVID-19 pandemic than those who were pregnant before the pandemic.

- Maternal depression is linked to poor maternal and child health outcomes.

- Because of this it is important to understand the association between the Impact of COVID-19 and social support, sociodemographic, and mental health among marginalized pregnant women.

Mindful Moms Program

Mindful Moms Program for Pregnancy

Access _free_ prenatal _yoga_ or prenatal _education_ classes from the comfort of your home!

Are you _12-26 weeks pregnant_?

Are you feeling depressed, stressed, or anxious?

You will be compensated for your time!

Join us!
Visit our website:
www.mindful4moms.org
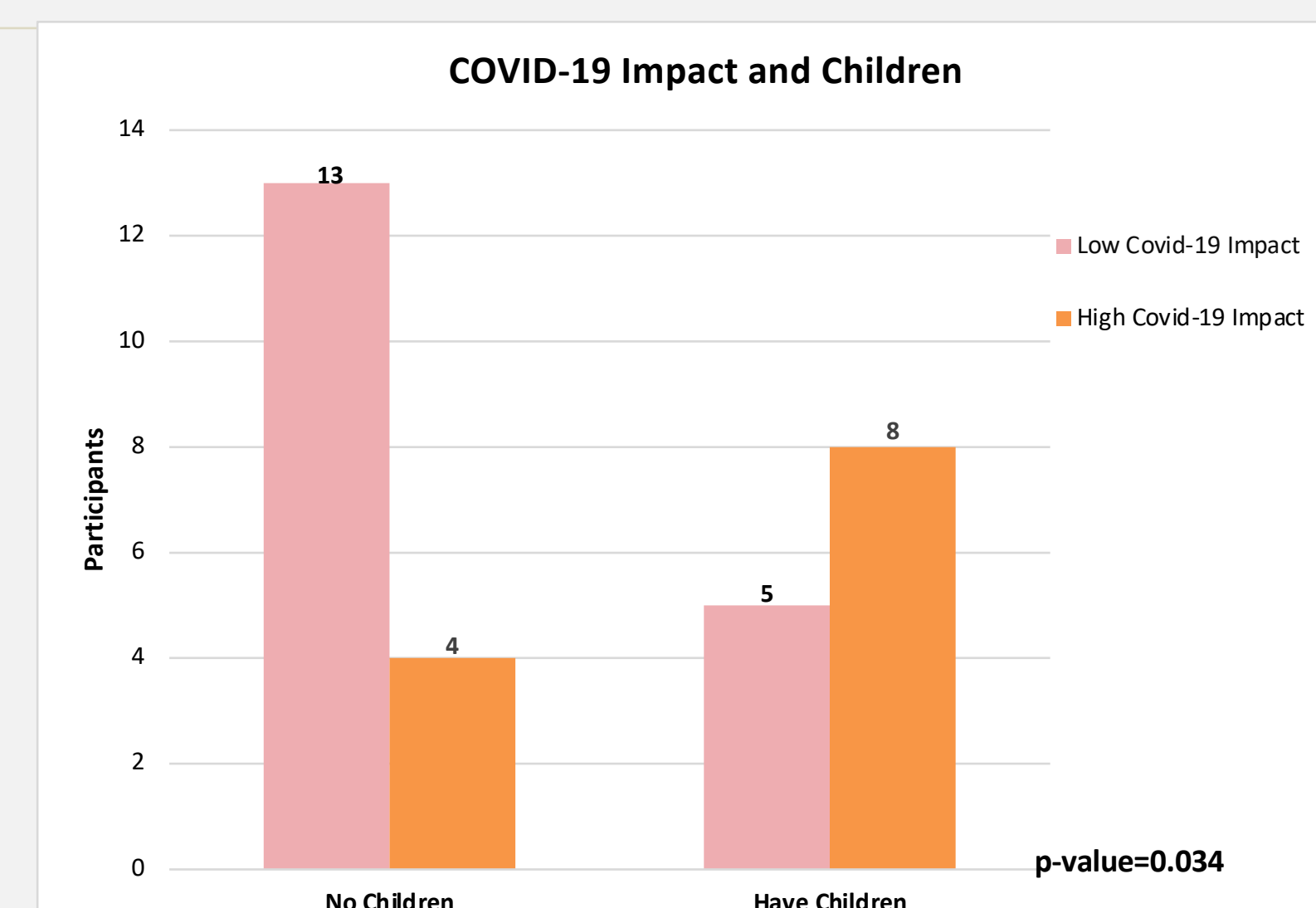Text/Call: (804)273-7267
Email: mindfulmoms@vcu.edu

Methods

- Inclusion criteria includes current depressive symptoms (≥7 EPDS); being 12-16 weeks' gestation at baseline; marginalized status: minorized (Black/Latinx/Native American and other); WIC eligible, and/or low educational attainment (≤high school); ≥18; English language speaking; and absence of suicidal ideation with a plan, psychosis, or mania (measured with the MINI).

- Program participants answered demographic questions and completed the Coronavirus Impact Scale (CIS), Edinburgh Postnatal Depression Scale (EPDS), Jackson, Hogue, Phillips Social Support and Coping Measures (JHP), and Perinatal Anxiety Screening Scale (PASS).

- The CIS and JHP were dichotomized at the mean.

Table 2. Mindful Moms Participant's Sociodemographic (n=30)

	N	Percent
Race		
Black	22	73.3%
Non-Black	8	26.7%
Age		
18-26	5	16.7%
27-35	19	63.3%
36+	6	20.0%
Income		
Less than $39,999	17	56.7%
$40,000 and above	13	43.3%
Education Level		
High school or some college	14	46.7%
College degree or higher	16	53.3%
Employment Status		
Unemployed	8	26.7%
Employed	22	73.3%
Children		
No children	17	56.7%
Has children	13	43.3%

Results

COVID-19 Impact and Children

p-value=0.034

Results

- Of those who have high COVID impact, two-thirds have children while only one-third did not (p-value=0.034).

- Of those with high COVID impact, two-thirds were between 27 and 35 years old, while one-third was above 36 (p-value=0.032).

Table 1. Bivariate Analysis of Participants in the Mindful Moms Program- Sociodemographic Character, Social Support, Depression, Anxiety by COVID-19 Impact (n=30) [n(%)] Column Percent

*- significant ɫ - approaching significance Fisher's Exact test of significance used for cases less than 6	Low COVID -19 Impact 18 (60)	High COVID-19 Impact 12 (40)	p-value
Race			0.866
Black	13 (72.2)	9 (75)	
Non-Black	5 (27.8)	3 (25)	
Age			0.032*
18-26	5 (27.8)	0 (0.0)	
27-35	11 (61.1)	8 (66.7)	
36+	2 (11.1)	4 (33.3)	
Income			0.093ɫ
Less than $39,999	8 (44.4)	9 (75)	
$40,000 and above	10 (55.6)	3 (25)	
Education Level			0.071ɫ
High school or some college	6 (33.3)	8 (66.7)	
College degree or higher	12 (66.7)	4 (33.3)	
Employment Status			0.678
Unemployed	4 (22.2)	4 (33.3)	
Employed	14 (77.8)	8 (66.7)	
Children			0.034*
No children	13 (72.2)	4 (33.3)	
Has children	5 (27.8)	8 (66.7)	
Social Support and Coping (JHP measure)*			0.765
Low social support/coping	8 (44.4)	6 (50)	
High social support/coping	10 (55.6)	6 (50)	
Depression			.431
Possible depression (EPDS<13)	5 (27.8)	5 (41.7)	
Probable depression (EPDS 13+)	13 (72.2)	7 (58.3)	
Anxiety			0.532
Minimal anxiety (< 20 PASS)	8 (44.4)	3 (25.0)	
Mild- moderate anxiety (21-41)	5 (27.8)	5 (41.7)	
Severe anxiety (42+)	5 (27.8)	4 (33.3)	

Discussions

- COVID-19 and similar disruptions in family life should be studied to understand the impact on women with children.