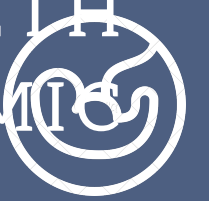


LACK OF SOCIAL SUPPORT AND RISK OF INFECTION AS FACTORS FOR MENTAL HEALTH DETERIORATION DURING COVID-19 PANDEMIC

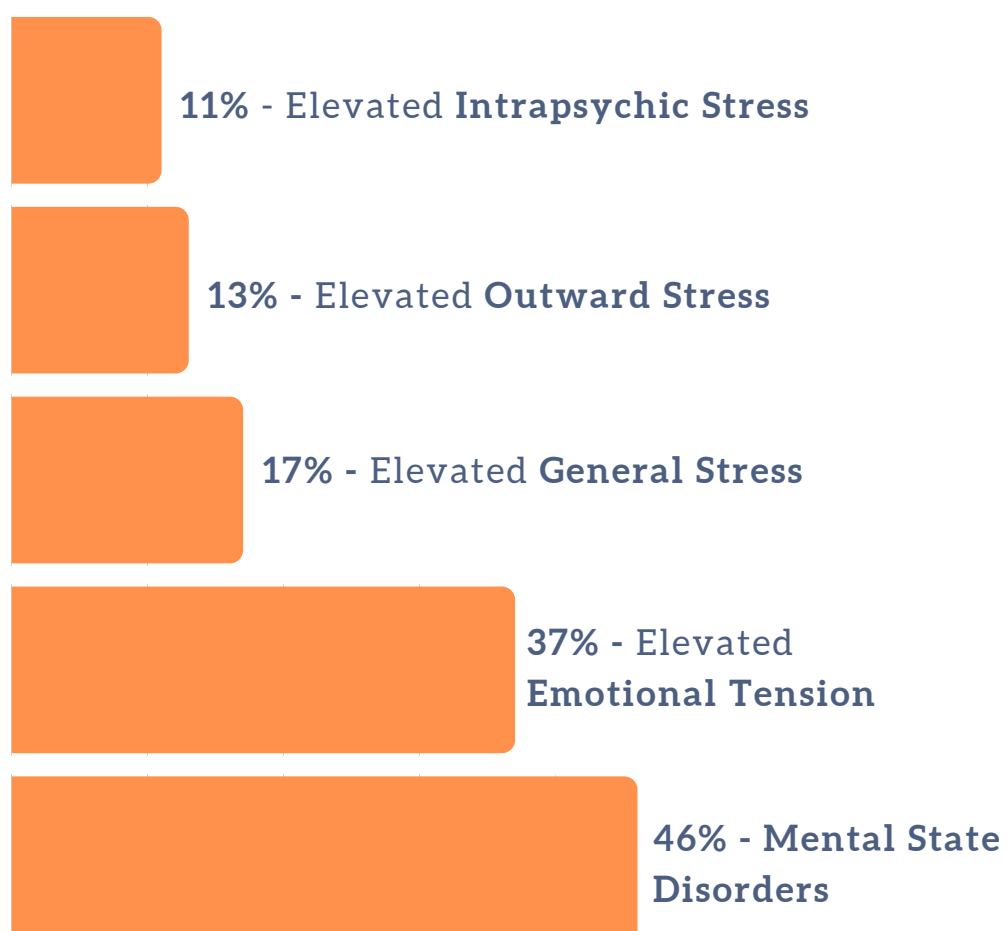


INTRODUCTION

COVID-19 pandemic is a subject of global interest. It may also contribute to mental state worsening. Mental health disorders in pregnancy are known to have negative outcomes both for mothers and their children. It is a first study in Poland to investigate impact of the pandemic on stress level and general mental state in pregnant women.

THE NUMBERS

316 pregnant women completed 4 instruments, including sociodemographic data, Feeling of Stress Questionnaire, General Health Questionnaire and Reasons of Worry Questionnaire.



CONCLUSIONS

Both *being scared of lack of social support and everyday life changes due to pandemic* and *being scared of infection and its consequences* have impact on stress level, but the first factor is a stronger stressor for pregnant women and the only one to influence general mental state.

Pregnant women during the Coronavirus SARS-CoV-2 pandemic presented with mental state worsening and elevated stress level.

As mental state disorders contribute to adverse neonatal outcomes and maternal mortality, it is remarkably important to focus on psychological and psychiatric condition of pregnant women during the pandemic.

It seems crucial to use some screening tests to make an early psychiatric diagnoses.