



Does Infection with SARS-CoV-2 During Pregnancy Increase The Risk Of Developing Pregnancy-Related Mood Disorders?

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Introduction

- Current literature suggests substantial psychiatric morbidity after infection with SARS-CoV-2
- Pregnancy-related mood disorders can cause substance use, poor maternal-infant bonding and suicidal ideation
- Suicide and overdose death are the leading causes of maternal mortality
- Identification of SARS-CoV-2 infection during pregnancy as a risk factor for development of mood disorders would support increased screening in this population

Purpose

To determine if infection with SARS-CoV-2 during pregnancy is correlated with an increased risk of developing antepartum and postpartum mood disorders.

Methods

- This retrospective cross-sectional study identified adult patients with a term delivery between June 2020 and June 2021
- Each participant underwent a COVID-19 test during pregnancy and was seen for a 6-week postpartum visit
- Data was extracted from the electronic medical record and entered into a REDCap database
- Primary outcome was psychiatric complication diagnosed at ≥ 28 weeks of pregnancy or 6 weeks postpartum
- Association between SARS-CoV-2 infection and the development of psychiatric complications was assessed via a chi-square test

Infection with COVID-19 during pregnancy does not increase the risk of pregnancy-related mood disorders.

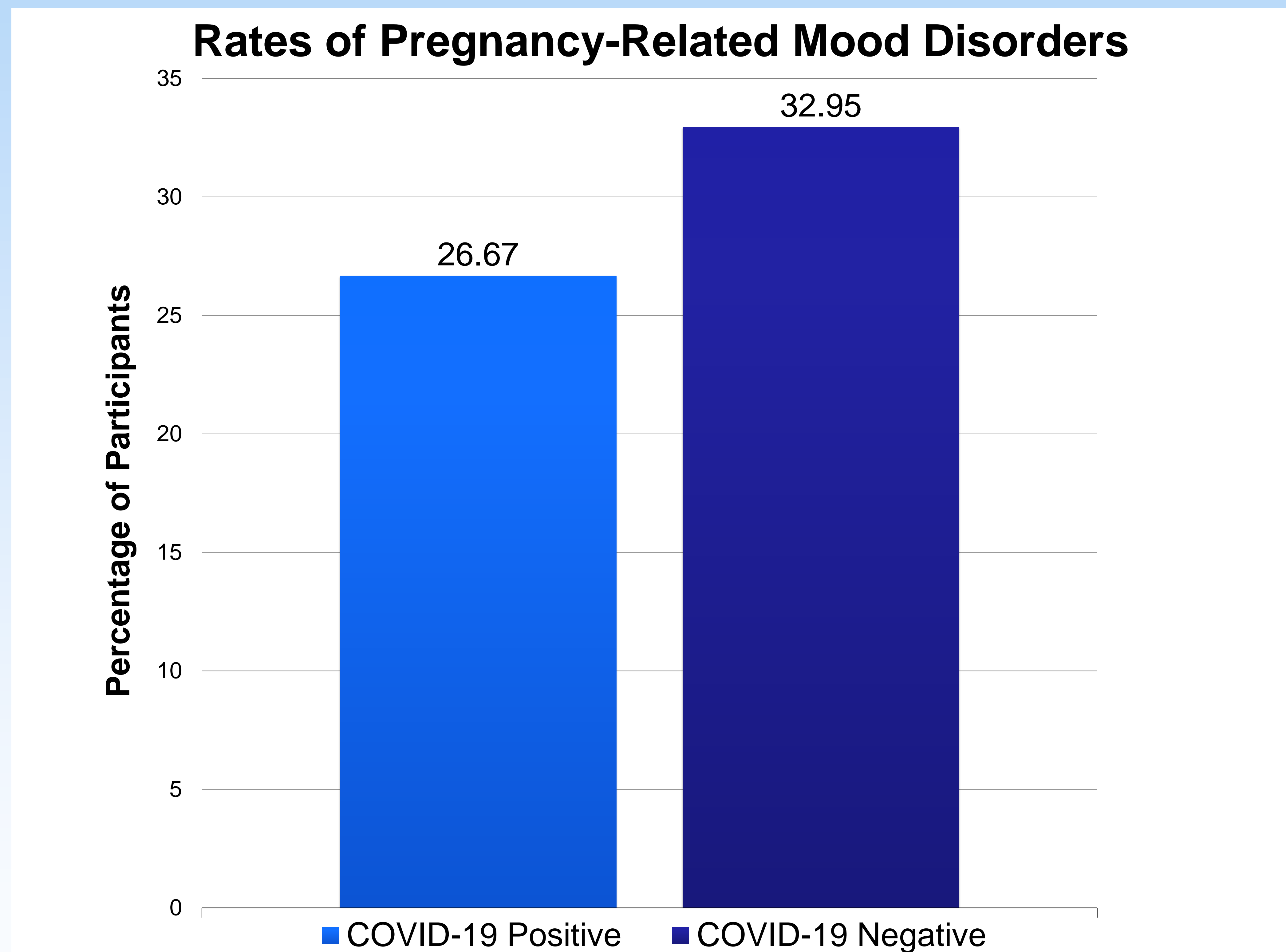


Figure 1. Rates of pregnancy-related mood disorders in individuals who tested positive for COVID-19 during their pregnancy (COVID-19 Positive) and those who did not test positive during pregnancy (COVID-19 Negative).

Results

- Study sample size was 1571
- Participants had a mean age of 29.5 ± 5.3 (range 18-37 years)
- 75 participants (4.8%) had a positive COVID-19 test
- 513 (32.7%) were diagnosed with a pregnancy-related mood disorder
- The rate of pregnancy-related mood disorder diagnosis in those with a positive COVID-19 test was 26.7% compared to 33.0% in the remaining sample ($p=0.26$)

Discussion

- Infection with SARS-CoV-2 during pregnancy was not associated with a higher incidence of pregnancy-related mood disorder diagnosis
- One in three patients evaluated in the study were diagnosed with a pregnancy related mood disorders
- The unprecedented COVID-19 pandemic forced individuals to face unique and new stressors
- Pregnancy-related mood disorders have the potential to cause significant harm to mothers and infants
- The prevalence of mood disorders observed in our study highlights the important of continued maternal mental health screening in the setting of the COVID-19 pandemic

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