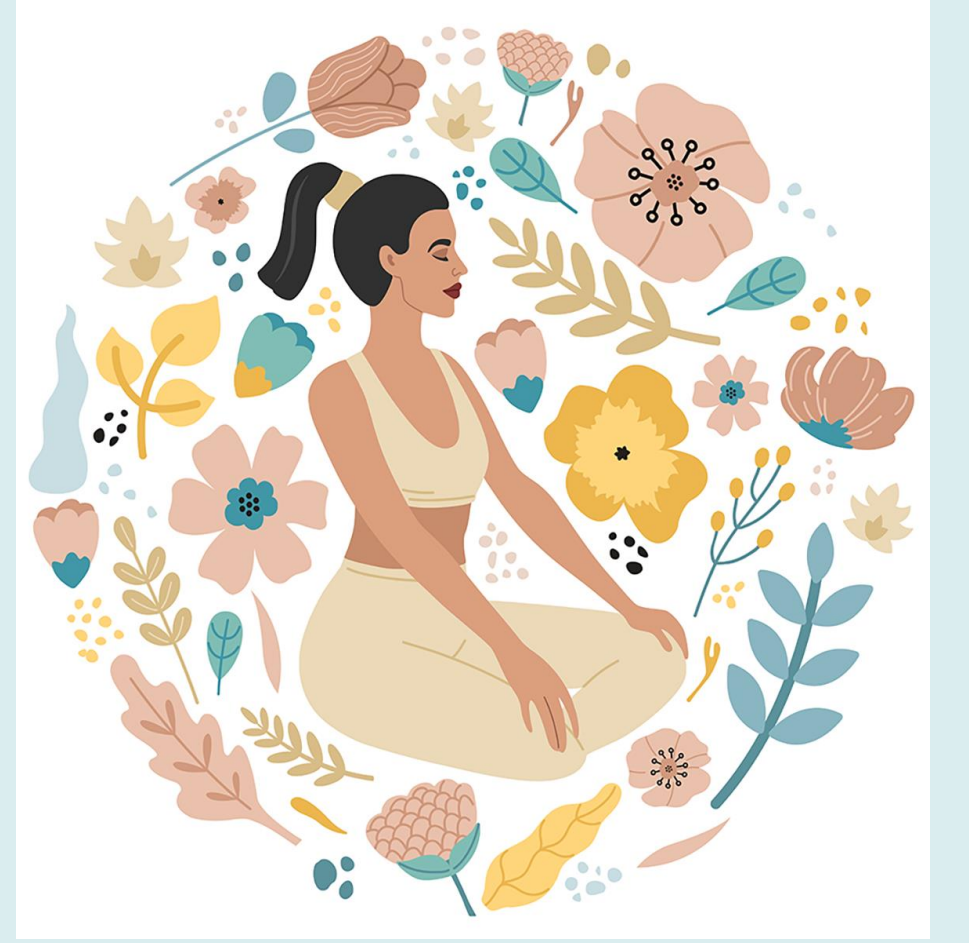


ASSOCIATION BETWEEN MINDFULNESS AND ANXIETY IN POSTNATAL MOTHERS DURING THE COVID-19 PANDEMIC

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INTRODUCTION

Coronavirus disease 19 (Covid-19) which originated from Wuhan, China [1], has caused about 4,362,150 confirmed cases with 126,515 deaths in the UK as of 6th April 2021 [2].

Mental distress among populations in the UK from a survey, before and during the Covid-19 pandemic, has increased from 19% in 2018/19 to 27% [3]. There has also been a moderate to high anxiety among postnatal mothers, thus, before (29%) and currently (72%) in the UK [4].

Justification: Anxiety among women during the perinatal period is likely to have been heightened during the Covid-19 pandemic. It is known that ability to be mindful can lower anxiety levels. Therefore, the aim of this study is to determine whether the ability to be mindful can reduce anxiety levels in postnatal mothers during the Covid-19 pandemic.

1. Assess levels of anxiety in postnatal mothers during the Covid-19 pandemic.

2. Assess mindfulness in postnatal mothers during the Covid-19 pandemic.

3. Determine the association between Covid-19 pandemic and anxiety levels in postnatal mothers.

4. Determine the moderating effect of mindfulness between Covid-19 pandemic and anxiety levels.

OBJECTIVES



METHODS

Research Setting: United Kingdom (UK)

Study Design: Cross-sectional studies (Online survey through Qualtrics).

Sampling: Convenient and snowball sampling of postnatal mothers in the UK.

Data Collection: Socio-demographic data; Generalized Anxiety Disorder-7 Scale, (GAD-7); Freiburg Mindfulness Inventory (FMI).

Data Analysis: Descriptive and inferential statistics (multiple regression used to investigate anxiety during the pandemic and its association with Covid-19).

Ethical approval: From the Faculty of Medicine, Health and Life Sciences Research Committee, Queen's University.

Findings: The analyses will try to establish if the impact of the pandemic and its consequential stresses are reduced by mindfulness.

Impact: Inclusion of mindfulness practice in maternal health care to improve physical health and help women to cope with variety of physical and emotional stresses during perinatal, reduce stress, improve flexibility and concentration, the ability to relate to others and oneself with kindness, acceptance, compassion and enhance inner peace of mind.

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