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## **Pregnant Women's Spiritual Health and Stress during the Covid-19 Pandemic**

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**S**tress is one of the most important variables in the incidence of unfavorable consequences during pregnancy, which can result in negative outcomes such as preterm birth and a fetus with limited intrauterine growth. As a result, the physical and mental health of pregnant women is one of the major concerns during the COVID-19 epidemic. The goal of this study was to compare the physical health of pregnant women to their spiritual and mental wellbeing during the COVID-19 epidemic. The study took place in 2019–2020, and samples were drawn at random from all pregnant women who were referred to hospitals and private maternity centers before and during the COVID-19 pandemic, and all pregnancy and fetal health examinations were completed. It was carried out on 560 pregnant women. The DASS Spiritual Health and Stress Questionnaire was used to examine the mental health of pregnant mothers. SPSS statistical software was used to analyze the data (version 24). Preterm delivery, height, weight, and head circumference of kids, as well as lungs and respiratory status of children, as well as mental health and stress levels of pregnant women during the corona, were shown to be significantly different from the preceding corona ( $p < 0.05$ ). During the COVID-19 pandemic, increased stress and poor mental health among pregnant women can raise the risk of preterm birth and an unfavorable birth.

### **Biography**

Mahsa Nazari is Masters in Occupational Health Engineering. And she is interested in the research field of stress and mental and psychological patients. Her favorite groups are usually hospital staff, workers, pregnant women and the elderly. These groups are extremely attractive to help the community grow.

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