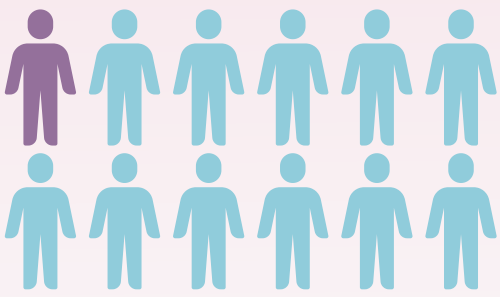


PARTNERS IN THE PANDEMIC

The impact of COVID-19 on partner mental health



BACKGROUND



Prior to the COVID-19 pandemic, approximately **8.4%** of fathers suffered from paternal depression. Between **4.1%** to **16.0%** reported high prenatal anxiety.

PRESENT STUDY

The purpose of the present study was to identify the prevalence of clinically significant depression and anxiety in partners of pregnant individuals during the pandemic.



METHODS

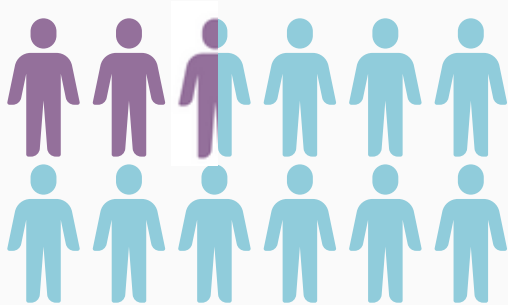


From September 2020 to March 2021, **342** partners of pregnant individuals responded to the survey and completed self-report measures pertaining to depression and anxiety.

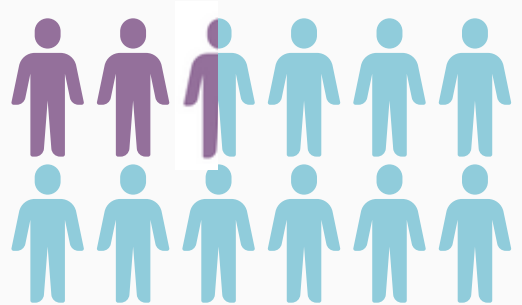
RESULTS

Demographic data collected indicated that the mean age of partners was **35.8** years old. The majority were Caucasian (**90.4%**), had a household income of \$100,000 or greater (**77.5%**), had attended post secondary (**92.4%**), and had at least one kid already (**67.6%**).

During the COVID-19 pandemic, **25.7%** of participants reported clinically significant depressive symptoms.



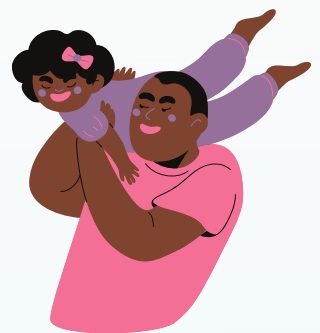
During the COVID-19 pandemic, **24.0%** of participants reported clinically significant anxiety symptoms.



The increased prevalence of depressive symptoms during the pandemic is likely significant. Increased depressive and anxiety symptoms correlate with lower social support, couple satisfaction, and resiliency.

CONCLUSION

Given the increased prevalence of depressive and anxiety symptoms during the COVID-19 pandemic, it is critical to explore the effects of various lifestyle moderators and interventions.



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