

ABSTRACT SUBMISSION FORM

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CHR D 2020: Abstract Submission Form

Submitter Name

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Title

Parental Depression, Anxiety, and Mental Health Service Use during the COVID-19 Pandemic

Background

Mental health concerns are increasingly acknowledged as a significant secondary effect of the COVID-19 pandemic. Research on previous epidemics/pandemics indicate that parents may be at increased risk, but this population has yet to be examined during COVID-19.

Objective

The current study aimed to: (1) describe parental depression and anxiety prevalence from an online convenience sample during the COVID-19 pandemic, (2) identify risk and protective factors for elevated symptoms, and (3) describe current mental health service use and barriers.

Methods

Mothers (n=641) and fathers (n=46) of children age 0-8 years completed an online survey from April 14-28, 2020 that assessed sociodemographic information, mental health, and COVID-19-related variables. Statistical analysis included descriptive statistics, bivariate correlations, and binomial logistic regression to address the study aims.

Results

Parents were primarily Canadian (87.6%). Prevalence of depression was 33.16%, 42.55%, and 43.37% of mothers of children age 0-1.5 years, 1.5-4 years, and 5-8 years, respectively. Anxiety prevalence was 36.27%, 32.62%, and 29.59% for mothers across age groups, respectively. Preliminary evidence suggested elevated rates of paternal depression (36.96%; n=17/46) and anxiety (22.22%; n=10/45) (Figure 1). Mental health history, increased stressful events in the past month, and increased financial strain were risk factors for maternal depression or anxiety while higher marital quality and older maternal age were protective factors. Conversely, higher financial strain was the only significant predictor of depression or anxiety in fathers. Of parents with significant mental health concerns, only 25% indicated accessing

professional mental health services.

Conclusion

Parental depression and anxiety are elevated in the context of COVID-19 compared to population norms, representing a 1.5- to 4-fold increase in reported concerns. Identified risk factors across different child age ranges can inform targeted early intervention strategies to prevent long-term impacts of the COVID-19 pandemic on family well-being and child development.

Theme:

Clinical

Do you have a table/figure to upload?

Yes

Untitled

CHRIM Abstract - Cameron et al (August 2020) - Figure.pdf

Are you willing to participate in Goodbear's Den?

Yes

Presenter Status:

Post-Doctoral Fellows

What was your role in the project?

Analyze Data

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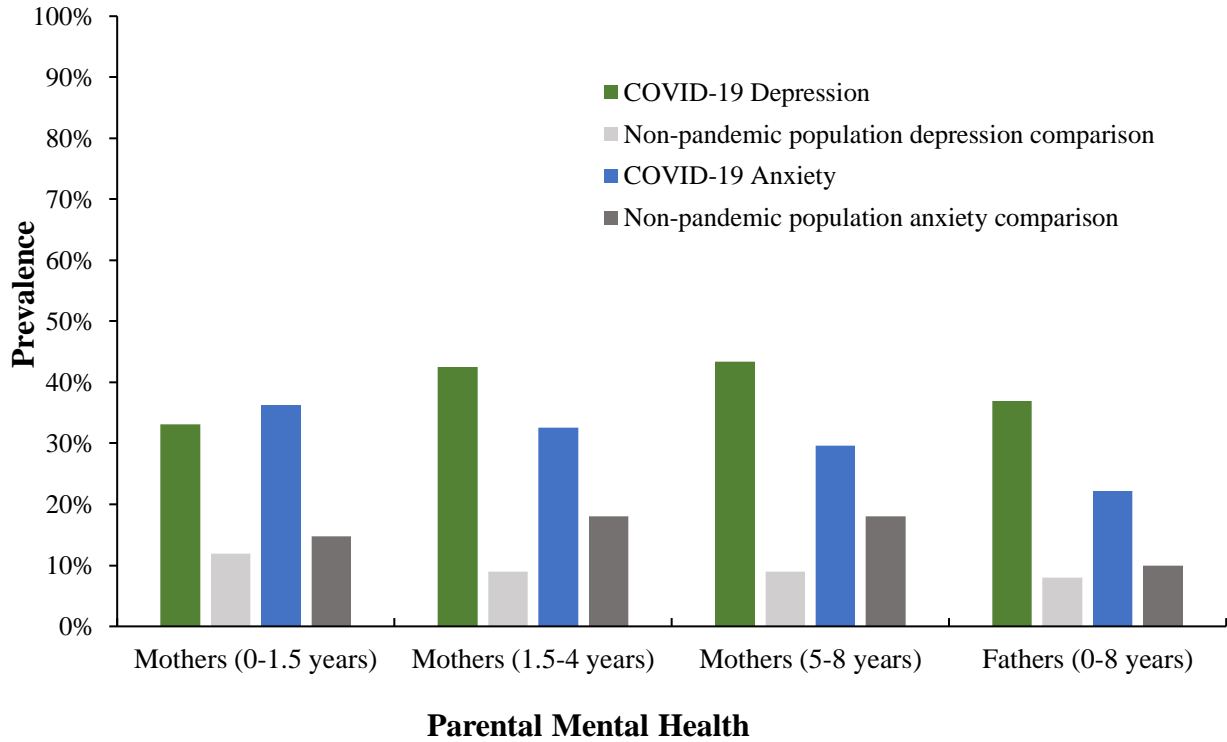


Figure 1. Prevalence of parental depression and anxiety as a comparison of the COVID-19 Parenting during the Pandemic sample compared to published population norms for maternal anxiety (Clavarino et al., 2010; Letourneau et al., 2013) and depression (Dennis et al., 2017; Woody et al., 2017) as well as paternal anxiety (Remes et al., 2016) and depression (Cameron et al., 2016; Davé et al., 2008).