

ABSTRACT SUBMISSION FORM

LET'S TALK ABOUT

SEX + GENDER

Exploring the role of sex and gender on health research



CHR D 2020: Abstract Submission Form

Submitter Name

Kayla Joyce

Email

joycek1@myumanitoba.ca

Title

Changes in Maternal Substance Use During the COVID-19 Pandemic

Background

Maternal stress has increased since the COVID-19 pandemic began. Well-established links have been identified between stress and increased substance use (SU), which is concerning as maternal SU is associated with adverse childhood outcomes.

Objective

This study aimed to: (1) examine group differences between mothers reporting decreased, increased, or no change to their SU and (2) identify risk and protective factors influencing changes to maternal SU.

Methods

Mothers ($n = 508$, $M_{age} = 34.8$ years, $SD = 5.1$) with young children aged 0 to 8 years completed an online questionnaire between April 14th and 28th, 2020. Self-reported questionnaires on SU, motivations for using substances, parenting stress, and mental health were completed. A series of t-tests, chi-square tests, bivariate correlations, and block-wise logistic regressions were conducted to answer the study aim.

Results

Of participating mothers, 54.9% did not change their SU since the COVID-19 pandemic began, 39.2% increased their SU, and 5.9% decreased their SU. Interestingly, parenting stress was not significantly correlated with increased SU, decreased SU, or reporting no change to ones SU. Findings indicated that mothers with an anxiety disorder and/or clinically relevant levels of anxiety symptomatology were overrepresented as increasing their SU during the COVID-19 pandemic. Using substances to cope with anxiety, but not depression or boredom, was also significantly elevated among mothers reporting increased SU during the pandemic relative to those reporting no change to or a decrease in usage. Using substances to cope with anxiety was a risk factor for increased SU.

Conclusion

A large proportion of mothers reported increasing their SU since the onset of the COVID-19 pandemic. Our results highlight the crucial need to treat maternal anxiety and the importance of teaching mothers alternative coping strategies, aside from using substances, to reduce the incidence of increased SU during the COVID-19 pandemic among mothers and its negative sequelae.

Theme:

Clinical

Do you have a table/figure to upload?

No

Are you willing to participate in Goodbear's Den?

Yes

Presenter Status:

Masters Student

What was your role in the project?

All of the above

Authors

Name	Email	Role	Profession
Kayla M. Joyce	joycek1@myumanitoba.ca	Presenting Author	Graduate
Emily E. Cameron	camerone@ucalgary.ca	Co Author	Post Doctoral Student
Julia Sulymka	sulymkaj@myumanitoba.ca	Co Author	Undergraduate Student
Jennifer L. P. Protudjer	Jennifer.Protudjer@umanitoba.ca	Co Author	Assitant Professor
Leslie E. Roos	Leslie.Roos@umanitoba.ca	Co Author	Assitant Professor