**TABLE 1** Distribution of the socio-demographic and obstetric characteristics of pregnant women

|  |  |  |
| --- | --- | --- |
| **Characteristics** | **n** | **%** |
| **Age** |  |  |
| 20-24 | 56 | 16 |
| 25-29 | 145 | 41.3 |
| 30-34 | 92 | 26.2 |
| 35 + | 58 | 16.5 |
| **Education Level** |  |  |
| Primary School | 42 | 12.0 |
| High School | 101 | 28.8 |
| Associate Degree | 57 | 16.2 |
| Bachelor’s Degree | 151 | 43.0 |
| **Place of Residence** |  |  |
| City | 225 | 64.1 |
| District | 100 | 28.5 |
| Village | 26 | 7.4 |
| **Family Type** |  |  |
| Nucleus | 305 | 87.2 |
| Extended family | 46 | 12.8 |
| **Employment Status (Last 6 months)** |  |  |
| Employed | 166 | 47.3 |
| Unemployed | 185 | 52.7 |
| **Number of pregnancy** |  |  |
| Primigravida | 190 | 54.1 |
| Multigravida | 161 | 45.9 |
| **Pregnancy Trimester** |  |  |
| 1st | 28 | 8.0 |
| 2nd | 72 | 20.5 |
| 3rd | 251 | 71.5 |
| **Previous mode of birth** |  |  |
| Primigravida | 190 | 54.1 |
| Vaginal birth | 70 | 19.9 |
| Caesarean section | 79 | 22.5 |
| Both vaginal and caesarean section | 12 | 3.4 |
| **Birth mode preference in this current pregnancy** |  |  |
| I prefer a vaginal birth both before and during the pandemic. | 187 | 53.3 |
| I have changed my mode of birth preference during the pandemic (from vaginal birth to caesarean or from caesarean to vaginal birth) | 39 | 11.3 |
| I prefer a caesarean section both before and during the pandemic. | 82 | 23.4 |
| I have not decided yet. | 42 | 12.0 |
|  | Mean ±SD | Median (Min-Max |
| **Age** | 29.1 ± 4.9 | 29 (17 – 42) |
| **Gestation week** | 30.09 ± 8.32 | 33 (4 - 41) |
| **Number of Pregnancy** | 1.76 ± 1.03 | 1 (1-6) |

**TABLE 2** Distribution of attitudes, information sources and needs, Pregnancy Distress Scale (PDS) and Health

Seeking Behaviour Scale (HSBS) mean scores of pregnant women against COVID-19 pandemic

|  |  |  |
| --- | --- | --- |
| **Characteristics** | **n** | **%** |
| **Adherence to the regulations to protect from COVID-19** |  |  |
| Adequate | 297 | 84.6 |
| Inadequate | 54 | 15.4 |
| **The need for professional support (healthcare professionals) for pregnancy in the COVID-19 pandemic** |  |  |
| Yes/ partly | 139 | 39.6 |
| No | 212 | 60.4 |
| **Finding the information sources sufficient about the impacts of the COVID-19 on pregnancy, birth, and foetus** |  |  |
| Yes | 149 | 42,5 |
| No | 62 | 17.6 |
| Partly | 140 | 39.9 |
| **Information source(s) about COVID-19 pandemic\*** |  |  |
| Internet, social media (Facebook, Twitter, YouTube) | 244 | 69.52 |
| Obstetrician | 156 | 44.44 |
| Family physician | 85 | 24.22 |
| Midwife | 72 | 20.51 |
| Nurse | 59 | 16.81 |
| Friend | 56 | 15.95 |
| Others (television, newspaper, magazine, etc.) | 26 | 7.41 |
| None of them | 32 | 9.12 |
| **Subjects that pregnant women would like to be informed about the COVID-19 pandemic\*** |  |  |
| Impact of COVID-19 on the foetus (on transmission, growth development etc.) | 238 | 67.81 |
| Impact of coronavirus on pregnant women (such as miscarriage, preterm birth) | 209 | 59.54 |
| The mode of birth that should be preferred in pandemic in terms of pregnant health (vaginal/caesarean section) | 116 | 33.05 |
| Whether additional precautions should be taken as pregnant to prevent COVID-19? | 105 | 29.91 |
| The mode of birth that should be preferred in pandemic in terms of baby health (vaginal/caesarean section) | 87 | 24.79 |
| Other (breastfeeding, measures in the birth unit, antenatal services, etc.) | 51 | 14.53 |
| **The presence of a situation that adversely affects pregnancy during the COVID-19 pandemic** |  |  |
| Yes | 295 | 81. 2 |
| No | 56 | 18.8 |
| **The presence of a pregnancy-related situation that adversely affects the pregnant women during the COVID-19 pandemic\*** |  |  |
| Having to go to hospital for pregnancy follow-ups | 226 | 64.39 |
| Having to give birth during the pandemic | 193 | 54.99 |
| Being alone, decreased social support, being hopeless | 119 | 34.83 |
| Confined at home and excess weight gain due to lockdown/restrictions | 80 | 22.79 |
| **The presence of a pregnancy-related situation that adversely affects**  **the pregnant women during the COVID-19 pandemic\*** |  |  |
| Being worried about what information is accurate and reliable | 79 | 22.51 |
| Failure to go to the hospital for pregnancy follow-ups (due to delayed appointment, fear of infection etc.) | 55 | 15.67 |
| Having to go to work during the pandemic | 15 | 4.27 |
| Others | 21 | 5.98 |
| **Table 2 Continue** |  |  |
| **Distress level perceived in pregnancy before the Covid-19 pandemic (according to the cut-off point of the distress scale)** |  |  |
| Low | 334 | 95.2 |
| High | 17 | 4.8 |
| **Distress level perceived in pregnancy during the Covid-19 pandemic (according to the cut-off point of the distress scale)** |  |  |
| Low | 293 | 83.5 |
| High | 58 | 16.5 |
|  | **Mean ± Standard Dev.** | **Median**  **(Min-Max)** |
| TPDS total score average before the COVID-19 pandemic  TPDS total score average during the COVID-19 pandemic | 17.1 ± 5.87  18.71 ± 8.53 | 17 (6 - 39)  18 (0-45) |
| **HSBS sub-dimensions and total score average in the COVID-19 pandemic** |  |  |
| HSBS Total Score  HSBS Sub-Dimensions  Online health-seeking | 42.86 ± 7.39  19.58 ± 5.25 | 43 (16 – 60)  20 (6 – 30) |
| Professional health-seeking | 13.51 ± 1.85 | 14 (3 – 15) |
| Traditional health-seeking | 9.77 ± 2.61 | 10 (3 – 15) |

\* Percentage for n = 351

**TABLE 3** Investigation of the effects of health seeking behaviour and some variables on pregnancy distress of pregnant women

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Independent Variables of the Univariate Model\*\*** | **Pregnancy Distress scale Total** | | **Negative Affectivity subscale** | | **Partner Involvement subscale** | |
| **p** | **SB (%95 C.I.)** | **p** | **SB (%95 C.I.)** | **p** | **SB (%95 C.I.)** |
| Online health seeking subscale | 0.558 | -0.031 (-0.222 - 0.12) | 0.085 | 0.092 (-0.018 - 0.271) | 0.000\* | -0.259 (-0.247 - -0.108) |
| Professional health seeking subscale | 0.000\* | -0.211 (-1.451 - -0.5) | 0.085 | -0.092 (-0.77 - 0.05) | 0.000\* | -0.316 (-0.811 - -0.421) |
| Traditional health seeking subscale | 0.544 | -0.033 (-0.45 - 0.238) | 0.512 | 0.035 (-0.194 - 0.388) | 0,000\* | -0.147 (-0.347 - -0.06) |
| Health Seeking Behaviours Total Score | 0.106 | -0.087 (-0.221 - 0.021) | 0.305 | 0.055 (-0.049 - 0.156) | 0.000\* | -0.315 (-0.202 - -0.105) |
| Age | 0.098 | 0.088 (-0.028 - 0.335) | 0.487 | 0.037 (-0.1 - 0.209) | 0,011\* | 0.135 (0.022 - 0.175) |
| Education | 0.114 | 0.084 (-0.16 - 1.481) | 0.009\* | 0.14 (0.234 - 1.615) | 0.134 | -0.08 (-0.611 - 0.082) |
| Number of pregnancies | 0.335 | 0.052 (-0.444 - 1.3) | 0.495 | -0.037 (-0.996 - 0.482) | 0.000\* | 0.171 (0.323 - 1.046) |
| Inadequate adherence to Covid-19 regulations | 0,009\* | 0.139 (0.81 - 5.735) | 0,045\* | 0.107 (0.05 - 4.236) | 0,034\* | 0.113 (0.087 - 2.172) |
| Not feeling professional support | 0.000\* | -0.243 (-6.02 - -2.461) | 0.000\* | -0.268 (-5.451 - -2.458) | 0.467 | -0.039 (-1.06 - 0.488) |
| Finding information sources sufficient | 0.000\* | -0.29 (-4.593 - -2.225) | 0.000\* | -0.204 (-3.057 - -1.006) | 0.000\* | -0.278 (-1.879 - -0.876) |

SB: Standardized Beta CI: Confidence Interval

\*p<0.05 statistically significant \*\*Statistical evaluation was performed with Univariate Linear Regression Analysis

**TABLE 4** Investigation of the effect of mode of birth preference and some variables on the distress of pregnant women

|  |  |  |  |
| --- | --- | --- | --- |
| **Reference Class\*\*** | **Risk Factor Class** | **p** | **OR (%95 CI)** |
| Those whose mode of birth preference has changed during the pandemic | Those whose mode of birth preference has not changed during the pandemic | 0.001\* | 0.241 (0.104 - 0.558) |
| Those who have not decided yet. | 0.027\* | 0.283 (0.093 - 0.863) |
| Those who prefer vaginal birth both before and during the pandemic | Those whose birth preference has changed during the pandemic (from vaginal birth to caesarean or from caesarean to vaginal birth) | 0.000\* | 5.4 (2.112 - 13.809) |
| Those who prefer caesarean section both before and during the pandemic | 0.591 | 1.221 (0.59 - 2.526) |
| Those who have not decided yet. | 0.525 | 1.296 (0.583 - 2.881)  1.296 (0.583 - 2.881)  1.296 (0.583 - 2.881) |
| Those who need for professional support | Those who do not need for professional support | 0,004\* | 0.429 (0.242 - 0.761) |
| Finding the information sources related Covid-19 insufficient | Finding the information sources partly sufficient | 0.511 | 1.279 (0.613 - 2.668) |
| Finding the information sources sufficient | 0.021\* | 0.355 (0.147 - 0.857) |

OR: Odds Ratio; CI: Confidence Interval

\*p<0.05 statistically significant, \*\* Statistical evaluation was performed with Univariate Logistic Regression Analysis. Dependent variable total distress score was ≥ 28