

MALAYSIAN JOURNAL OF

**PUBLIC HEALTH
MEDICINE**

e-ISSN: 2590-3829

ISSN: 1675-0306

Volume 22 (Supplement 2) 2022



Official Publication of the

MALAYSIAN PUBLIC HEALTH PHYSICIANS' ASSOCIATION



MJPHM

Official Journal of Malaysian Public Health Physicians' Association

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International Centre for Casemix and Clinical Coding
Universiti Kebangsaan Malaysia Medical Centre (UKMMC)
Jalan Yaacob Latif, 56000 Cheras, Kuala Lumpur
Malaysia

ISSN:1675-0306

The Malaysian Journal of Public Health Medicine is published twice a year

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Malaysian Public Health Physicians' Association

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Universiti Kebangsaan Malaysia Medical Centre (UKMMC)
Jalan Yaacob Latif, 56000 Cheras, Kuala Lumpur
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Tel: 03-91456986/6987/6988 Faks: 03-91456685, Email: editor@mjphm.org



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Official Journal of Malaysian
Public Health Physicians' Association

**5th USIM International Health Conference 2022, Lessons from pandemic:
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Potential Intervention to Mitigate The Psychological Distress Among Postnatal Women During Covid-19 Pandemic: A Scoping Review

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The COVID-19 pandemic that started in 2019 resulted in psychological distress, particularly among the vulnerable group like the postnatal women. The upsurge in psychological disorders is due to the personal, financial, and psychosocial factors. Reviews suggested to structure potential interventions and programs to provide quality care for the postnatal women during a pandemic. The study aimed at reporting current literatures on potential structured interventions and programs to mitigate the mental health risk and improve the well-being of the postnatal mothers during pandemic. The review was conducted from January 1st, 2020, to May 31st, 2021 emulating the five-phase framework for conducting scoping reviews by Arksey and O'Malley, using four databases; MEDLINE, Scopus, ProQuest, and EBSCOhost. The MeSH term used were ((postnatal OR postpartum) AND (coronavirus OR COVID-19 OR COVID-19 lockdown)) AND (psychological distress OR maternal mental health OR postpartum depression OR anxiety OR stress). Duplicates and irrelevant articles were removed. Non-English articles were excluded. A total of 937 articles were screened from the title and abstract level, of which 20 articles were assessed at full text. The majority of the papers were cross-sectional studies (n=14), longitudinal cohort studies (n=4) and 2 qualitative studies. Generally, most of the papers discussed briefly on the intervention programs. Whereas 5 of the papers focused on the importance of telehealth services, self-empowerment with variable resources, surrounding support, and relaxation techniques for the mothers. It is important to identify possible interventions to prevent psychological distress among postnatal women. This will assist to provide supportive environment and quality care to the mothers and their infants at this critical time. This can also be a reference in future pandemic situations.