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Dialectical behavior therapy-based psychological intervention for woman in late pregnancy and early postpartum suffering from COVID-19: a case report

Key words: COVID-19, Pregnancy, Postpartum, Psychological intervention, Dialectical behavior therapy

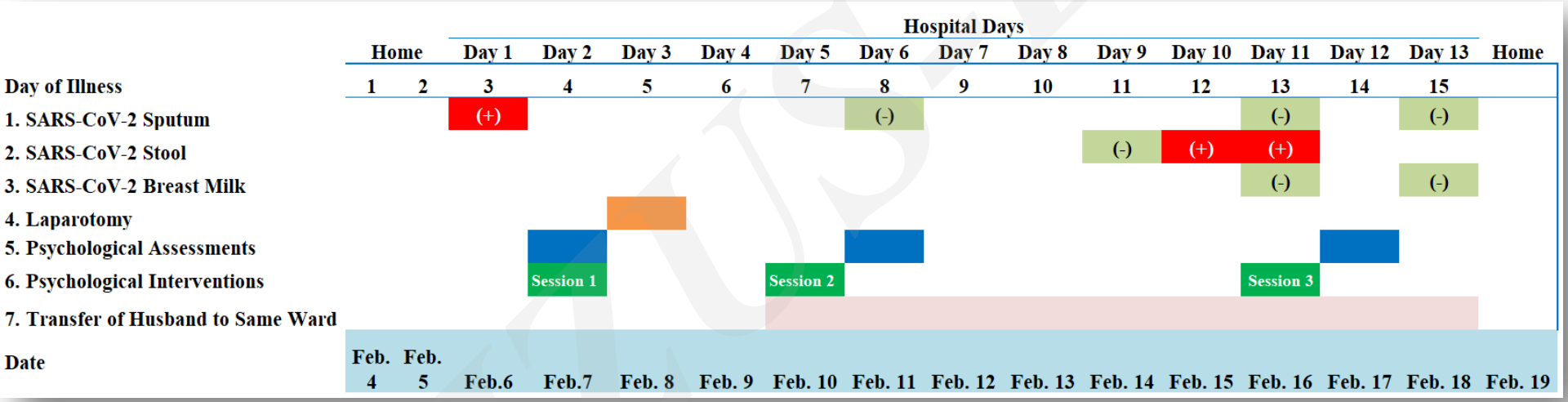
Case summary

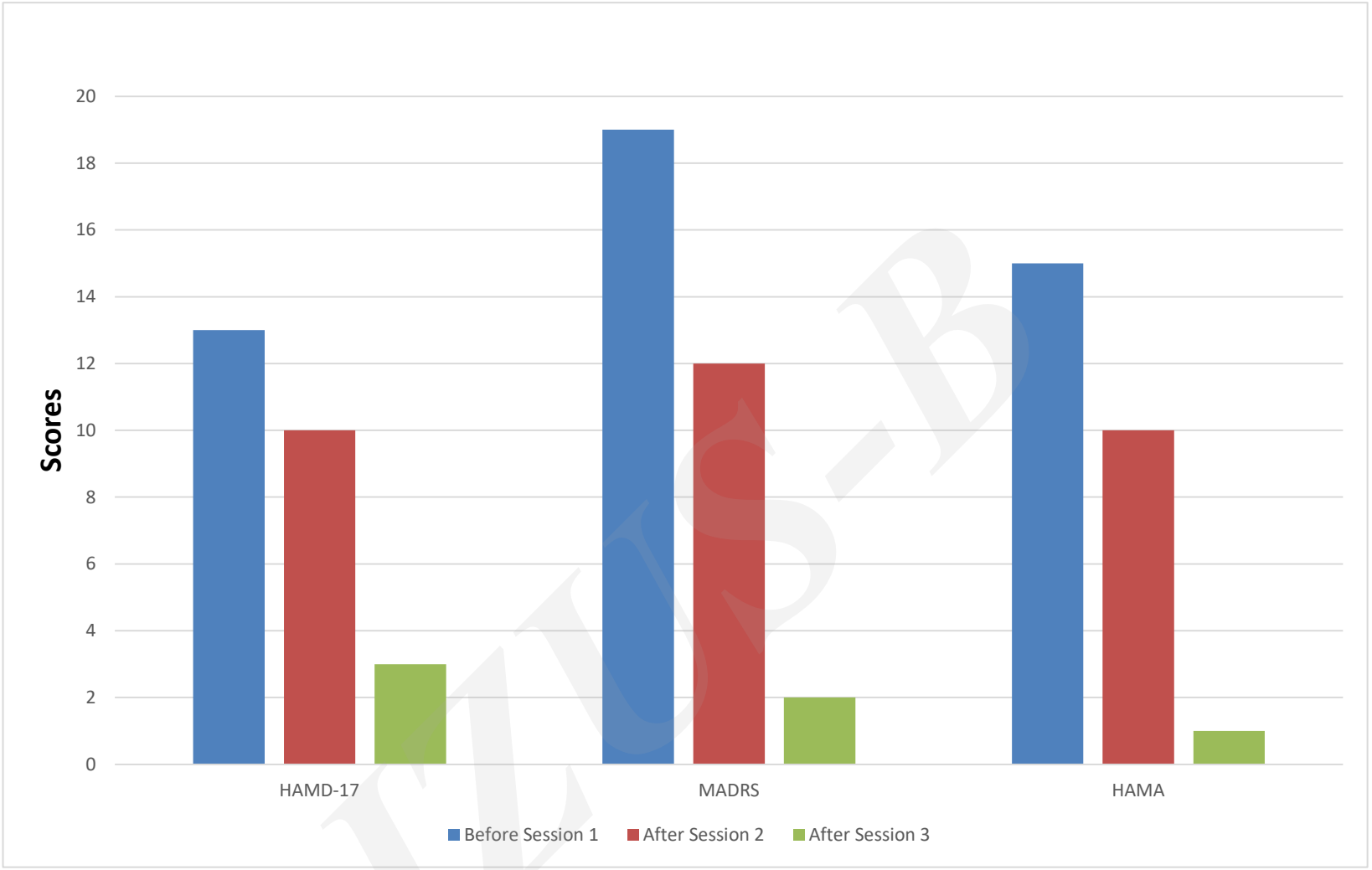
- 30 yrs, female, 35w+2d pregnant, dry cough for 2 days. SARS-CoV-2 nucleic acid test result was positive in local hospital. Transferred to our hospital on Feb. 6.
- Laparotomy performed on Feb. 8, continued treatment in isolation ward after laparotomy.
- Psychiatric interview and psychological assessments all indicated depressive and anxious symptoms. Psychological intervention carried out on Feb. 7, 10, 16. Dialectical behavioral therapy (DBT) techniques were used.
- After 3 sessions, both depression and anxiety assessment scores decreased, compared with those at baseline.

Four major DBT skills were adopted:



■ SARS-CoV-2 test results, psychological assessments and interventions, and major events according to illness days and hospital days, February 4th to February 14th, 2020。





■ Histogram depicting score changes on HAMD-17, MADRS, and HAMA at three time points (respectively before the first session, after the second session and after the third session).

Media reports

35周新冠肺炎孕妇诞下宝宝！他是全浙一人的宝贝

原创 宣传中心 浙大一院 2月8日

“生啦！是个男宝宝！”10:20，从手术室里传来了好消息！一场特殊的剖宫产手术在浙江大学医学院附属第一医院之江院区负压手术室里紧张地进行中。接受手术的是一位孕35周的新冠肺炎患者。我们从手术室的玻璃窗看到，小男孩头发浓密，护士正在有条不紊地给他清理、包裹。



2.7公斤！浙一新冠肺炎隔离病房诞下元宵宝宝，已送往浙大儿院负压病房 是否感染正在检测中

原创 金晶 俞茜茜 浙医在线 2月8日



元宵节一早，浙大一院之江院区新冠肺炎隔离病房，新生命诞生！



视频来源：浙大一院宣传中心

35周新冠肺炎孕妇成功剖腹产，10:20，一个黑发大眼的男宝宝在之江院区手术室出生，体重2.7公斤。爸爸给孩子取了小名叫“小汤圆”。

“小汤圆”吃得好、睡得好，目前五项检测全为阴性，没有证据说明母婴垂直传播！

宣传中心 浙大儿院 2月10日



2月8日上午，**浙大儿院隔离病房的陈鸣艳医生、黄国兰护士长**接到紧急任务，赶往浙大一院之江院区手术间。10点20分，她们穿戴全套防护设备进入产房，接下了一个特殊的早产宝宝“小汤圆”。

“小汤圆”的妈妈是一名新型冠状病毒肺炎确诊病人，他比普通宝宝需要更多的呵护。10点40分，进行了初步

Conclusions

1. The present case report demonstrated the use of DBT-based psychological intervention for a patient during her late pregnancy and early postpartum who was suffering from COVID-19.
2. The current report highlighted the importance of timely intervention for patient influenced by infectious disease, and handled a complex situation where patient faced with child delivery at the same time.
3. It also explored the effectiveness of a brief intervention on helping the patient to cope with the here-and-now psychological problems, and identified several DBT techniques that benefited the patient the most.
4. Additional benefit of this psychological intervention is that prescription of antidepressant or anxiolytics was avoided.