

4<sup>th</sup> World Congress on  
**MENTAL HEALTH**

May 22-23, 2023 | London, UK

Received date: 10-03-2023 | Accepted date: 12-03-2023 | Published date: 06-06-2023



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## Positive coping mechanism and psychological symptoms towards pregnant women's well-being

Positive coping skills and positive psychology-based interventions are a growing body of work within the field of maternal health. Positive coping styles has direct effects on perceived stress and depressive symptoms among pregnant women. This survey was conducted at an ultrasound clinic in Kuala Lumpur and Malaysian pregnant women were also recruited online via random sampling. Multiple regression analyses were used to determine multiple effects for four variables. Measures included hope (Adult Hope Scale), anxiety (Generalised Anxiety Disorder), depression (Edinburgh Postpartum Depression Scale), emotions (PANAS) and maternal well-being (Satisfaction with Life Scale). In a sample of 405 pregnant women, results showed negative correlation between depression, anxiety, and negative affect on maternal satisfaction while showing positive correlation between hope and positive affect on satisfaction. In addition, findings showed significantly negative correlation between hope and depression. There was no correlation between anxiety and negative effects on hope. In the stepwise regression model, depression explained 21% of the variance in maternal well-being, positive emotions further explained 24% of the variance, when negative emotions added to the regression model, 28% of variance was explained. Lastly, in analyzing the predictors of hope, positive emotions explained 16% of the variance, anxiety further explained 17% of the variance. Depression and negative affect were removed from the model suggesting that it did not predict hope. Hence, positive emotions and anxiety significantly predicted hope. Recommended that positive psychology intervention is included in the clinical treatment to enhance maternal health and well-being.

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**Biography**

Ke Guek Nee is an Associate Professor in the Department of Psychology at Heriot-Watt University Malaysia. Her research focuses on Preventive Measures of Problematic Internet Usage, Cyber Wellness, Organizational Psychology, Coaching Psychology, and Leadership. With her passion for research, she has secured numerous research grants from National and International Funding Agencies. In addition, her research works have also been covered by news media and other media platforms. Recently, she published a book entitled 'Cyber Wellness: Internet Addiction and Prevention. A Guide for Practitioners' and developed the Positive Emotion-Resilience-Coping Efficacy (PERCE) Model for the COVID-19 Pandemic.

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