



Our First Newsletter – September 2020!



Dear Participant Partners,

We are so excited to share our first newsletter with you! It has been an exhausting but exciting start! While generally, it can take a year or more to plan and launch such a study, COVID-19 means we have needed to move fast so we can learn as much as possible as quickly as we can.

Thanks so much to you all for making the study a reality. Your time and partnership is such an amazing gift!

These monthly newsletters are meant to keep you up to date on what is happening in the study and to share data with you along the way. It is important to us that participant partners learn about important study results as they emerge. If there is something you would like to see included in the newsletter please let us know.

Our Global Reach

Any pregnant person from around the world is welcome to join the HOPE COVID-19 study. Right now to join, you have to be 18-years of age, have access to a computer or phone, and feel comfortable reading and writing in English. In the next month we will be expanding to include Spanish. **As of the end of August 2020, 177 pregnant people had contacted us about joining the study and 126 had enrolled!**

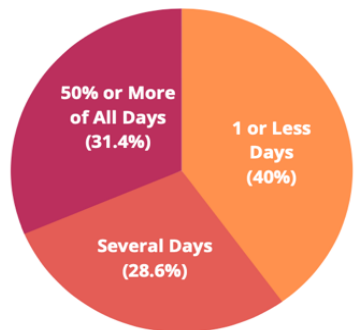


Participants come from around the United States (31 states and the District of Columbia), as well as from Canada, the United Kingdom, Sweden, Germany and Australia!

Seven participants in the study have already had their babies! **CONGRATULATIONS!**

Please pass along information about the study to other pregnant people you feel may be interested in joining. The best way to do this is by sending them a link to the study webpage (hope.ucsf.edu/covid_19).

Data Insights



**Nervousness or Anxiety
in Last 2-Weeks**

Most Participants are feeling high levels of nervousness and anxiety

One area of survey data that we are most interested in relates to how participants are feeling right now. We asked several questions about this in the enrollment survey. One of the most telling questions was:

“Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious, or on edge?”

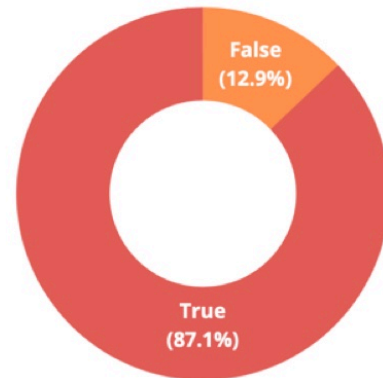
In response to this question, 60% of participants said they were bothered by this feeling several days to 50% or more days (see pie chart).

While it is certainly not good news to hear that most participants are experiencing high levels of nervousness and anxiety right now, it can certainly be said that participants are not alone in these feelings. One of our study partners, Dr. Elissa Epel, PhD, at the University of California San Francisco, offers some suggestions for managing anxiety during these trying times here (see [Feeling Anxiety About Coronavirus? A Psychologist Offers Tips to Stay Clearheaded](#)). Counseling and other resources can also be located using the tools listed on the [HOPE COVID-19 Resources page](#).

Keeping an Eye on Exercise, Sleep, and Support Among Participants

During pregnancy and during times of high anxiety getting enough exercise and sleep and feeling emotionally supported are especially important. So far our data suggests that many participants are finding it difficult to get enough exercise and sleep these days.

*More than half of all participants (54.9%) report exercising for at least 20-minutes on one or fewer days per week over the past month and 31.9% report sleeping for at least 7-hours a night on four or fewer days per week over the past month. Conversely, **87.1% of participants report often being able to meet or talk with family or friends.***



I often meet or talk with family or friends

The Sleep Foundation has an [article on things pregnant women can do to help improve their sleep](#) (which includes getting more exercise when and where possible).

Participant Voices

We would love to understand your experiences with the study – what is working, what isn't, what questions would you like us to ask, what data would you like us to show you in the monthly newsletter? Our question this month is: **“If you were to recommend one thing to your fellow participants to do these days to manage anxiety what would it be?”** Please email your answer to this question (or any other thoughts you might have about the study) to: hope_covid19@UCSF.edu. In the study welcome letter, we asked this question:



Why did you enroll in the HOPE COVID-19 study? Here is one of those responses (full name and location changed to protect privacy):

“My first pregnancy seemed totally healthy and normal, but my son had hypoxia due to cord compression at birth, and was in the NICU for about a week. They were worried about possible brain damage, so he was put into a cooling chamber for 3 days. We also decided to enroll him in a study of the use of *(redacted for privacy)* for newborns with possible brain damage. He turned out totally fine, but we had such a positive experience with participating in the study that I jumped at the opportunity to participate in another! I also work at a women's health research company *(name redacted)* so I am generally interested in all things related to women's health. I believe that we don't understand as much as we should about female physiology, and it's cool to have the chance to directly participate in increasing that knowledge.” - Lindsay

HOPE COVID-19 in the News/ On the Web

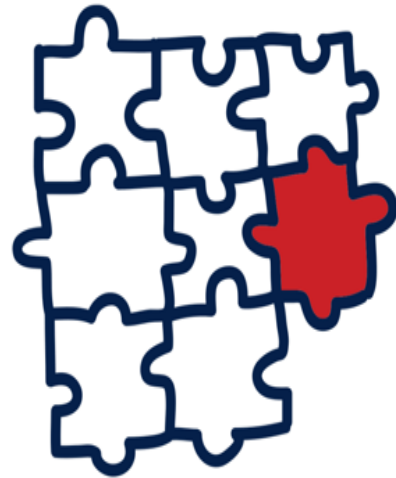


Our team has been working feverishly to get word about the study out to new participants, possible funders, and the general public. Of note, Dr. Laura Jelliffe-Pawlowski, PhD (Primary Investigator of HOPE COVID-19) was interviewed for a lengthy story about HOPE COVID-19 that appeared in a popular Mommy blog called “[Moments with Mothers](#)”. The story was entitled “[HOPE COVID-19 Study offers global view of how pandemic impacts pregnancy and infancy.](#)”

Dr. Jelliffe-Pawlowski and Dr. Karen Scott, MD, MPH (Primary HOPE COVID-19 Study Lead: Nativity, Racism, and Racial Inequities; Primary Investigator of the [SACRED BIRTH During COVID-19 study](#)) were featured in a local public radio story entitled: “[Local Researchers Rush To Gather Data About COVID-19 And Pregnancy](#)”.

Staying in the Study

While every voice is of critical importance in this study, for some people, participating in the study may just not be the right fit for them right now. If you have decided not to continue in the study please let us know by emailing us at hope_covid19@ucsf.edu. If we don't hear from you after three attempts for either the consent form or the enrollment survey we stop sending you reminders and assume you do not want to continue in the study. Please let us know if you have not completed either your consent or your enrollment survey and you still want to be in the study but missed the three reminders. We are happy to resend you materials if you have missed them. You can also unenroll from getting these newsletters by using the link at the bottom of this newsletter.



Thank you again everyone for your participation. We hope you have a great month ahead.

*Laura, Christina, Allie, and the HOPE
COVID-19 Team*

Sincerely,

[Learn More About the Study Team](#)