Letter to the Editor

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Reply to: COVID-19 Delta variant and anxiety and fear in pregnant women

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To the Editor,

We read with great interest the reply to our letter to editor entitled *Anxiety and fear in pregnant women of being infected by COVID-19 in new Delta pandemic* [1] and appreciate the valuable feedback [2]. In confirming your comments, it seems the Delta pandemic is starting to dip from the latest peak, but still on the rise in some places. According to a rising trend of maternal vaccination in the region, the incidence and mortality of pregnant women has also been decreased. On the other hand, with the benefits of virtual trainings in pregnancy [3], specially via media, the level of awareness of women has increased, and as a result, their level of stress and anxiety has also decreased. Otherwise, the downward trend of COVID should not cause to ignore the health protocols. Indeed, both acute and chronic stress can cause disruptions in the maternofetal endocrine and immune system and potential adverse outcome [4]. The corona virus is very intelligent and there

is probably a long way to go before it can be eradicated, so it is still essential to continue education and follow health protocols for everyone, especially pregnant women.

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