عنوان مقاله:

Relationship between social support with anxiety, depression, and stress in pregnant women attending to health care centers in Zanjan-Iran in ۲۰۱۵-۲۰۱۶

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خلاصه مقاله:

Background: Pregnancy is associated with many emotional, physical, and social changes in women's lives which may have an effect on the outcomes of pregnancy, so identifying moderating factors such as social support may have a preventing role on unintended outcomes of pregnancy. Objectives: The purpose of this study was to determine the relationships between social support with anxiety, depression, and stress in pregnant women. Methods: In this correlational study ۲۴۹ pregnant women attending to health care centers in Zanjan-Iran, during ۲۰۱۵-۲۰۱۶ were selected using a multi-stage sampling method. Data was collected using three questionnaires including demographic characteristics, Wax social support (social support ftom family, friends, and others) and DASS-۲۱ scale. The data were analyzed using descriptive and inferential statistics with SPSS software version ۱۶. Results: The average age of the participants were ۲۷.۵۷±۵.۵۶ years. The average of total perceived social support of pregnant women was ۷۷.۴۲±۱۰.۶۶, among which the most perceived social support was from the family (۲۹.۰۴%). Data analyses revealed weak negative and significant relationship between total social support and depression (r=-۰.۱۷) and stress (-۰.۱۳), as well as between social support from others and depression (r=-۰.۱۴) in pregnant women (P<۰.۰۵). Conclusion: Although, in this study pregnant women received the most social support from the family, only a weak relationship was found between the total score of social support and social support by others with depression and stress. Therefore, it is recommended that more research be done on the type of social support of Azari pregnant women.

کلمات کلیدی:

anxiety, depression, stress, perceived social support, pregnancyss