

عنوان مقاله:

The Relation between Prenatal Concerns and Sleep Quality of Pregnant Women in Triple Trimesters

محل انتشار:

فصلنامه زنان و مامایی و سرطانهای زنان، دوره 8، شماره 1 (سال: 1401)

تعداد صفحات اصل مقاله: 6

نویسندگان:

Zahra Soleimani - *Department of Obstetrics and Gynecology, Nephrology and Urology Research Center, Baqiyatallah University of Medical Sciences, Tehran, Iran*

Mansoor Nourmohammadi - *Baqiyatallah University of Medical Sciences, Tehran, Iran*

Neda Hashemi - *Endometriosis Research Center, Iran University of Medical Sciences, Tehran, Iran*

Maryam Aghaei - *Department of Obstetrics and Gynecology, Baqiyatallah University of Medical Sciences, Tehran, Iran*

خلاصه مقاله:

Background & Objective: Considering the importance of good sleep quality during pregnancy and the adverse effects of poor sleep quality on mother before and after childbirth and also its adverse effects on the fetus and newborn, identifying the related factors to sleep disturbance is important. Therefore, this study was conducted to evaluate the relationship between prenatal and sleep quality in pregnant women. **Materials & Methods:** The present cross-sectional study was done on 150 pregnant women who were referred to Baqiyatallah Hospital, Tehran, Iran. Convenience sampling method was used for choosing participants. Pittsburgh Sleep Quality Index (PSQI) and Prenatal Distress Questionnaire (PDQ) were used for gathering information. **Results:** The prevalence rates of poor sleep quality in first, second and third trimesters were 36%, 54% and 62%, respectively. In all three trimesters, the newborn health parameter had the highest score and relationship score had the lowest score. There was a statistically significant relationship between prenatal concerns and sleep quality of pregnant women in all three trimesters of pregnancy ($P < 0.05$). **Conclusion:** We found the significant relationship between pregnancy concerns and sleep quality of pregnant women in all three trimesters of pregnancy, and this finding indicates the direct effect of pregnancy concerns on sleep quality during pregnancy. Therefore, it is necessary to plan and perform the necessary interventions to minimize the concerns of pregnant women.

کلمات کلیدی:

sleep quality, Pregnant women, Pregnancy Trimesters, Concern

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1643849>



