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Relationship between Health Promoting Lifestyle and Perceived Stress in Pregnant Women with Preeclampsia

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ABSTRACT

Introduction: Lifestyle during pregnancy has long-term effects on health of mother and child. Having previous illness or unexpected maternal or fetal conditions such as preeclampsia can complicate pregnancy and interfere with health-promoting behaviors and cause stress might interfere with health-promoting behaviors. This study was carried out to examine the relationship between health-promoting lifestyles and perceived stress in women with preeclampsia.

Methods: This study is a descriptive correlation design that was conducted on 182 pregnant women with preeclampsia attending in the high risk clinics of Al-Zahra and Talegani hospitals in Tabriz 2014. Data gathering tools were three: demographics, health-promoting lifestyle (HPLP-II), and perceived stress questionnaires. SPSS Ver. 13 was used for data analysis.

Results: The mean (SD) of health promoting lifestyle among pregnant women with preeclampsia was 2.4 (0.4). Among the dimensions of health promoting life style, the highest mean score was for sub domain of nutrition, i.e. 2.8 (0.5), and the lowest score was achieved by the sub-domains of physical activity, i.e. 1.5 (0.5). The mean (SD) score of perceived stress was 27.3 (7.1). There was reverse relationship between perceived stress and health -promoting behaviors.

Conclusion: Based upon the results, health promoting behaviors were decreased by increment of perceived stress. Therefore, midwives can help women with preeclampsia by promoting health behaviors to reduce their stress and increase health-promoting behaviors.

Introduction

Pregnancy has been known as a critical period. With the onset of pregnancy, changes are occurred in woman's body such that she becomes a new person with new physical and mental characteristics that will change her health behaviors and lifestyle.¹

Pregnancy should be considered as a normal physiological and unique state in a woman's life, however, a previous illness or unexpected maternal or fetal disease may result in complications during pregnancy.²

Health Promoting Behaviors are processes to enable people to increase their ability to control over and improve the health.³ Pender in 1996 has classified health promoting behaviors into 6 categories: nutrition, physical activity, stress

management, interpersonal relationships, spiritual growth and health accountability.⁴ During pregnancy, women are often motivated to do health -promoting behaviors to improve the health of both themselves and their fetus.⁵

But the existence of complications in mother's pregnancy may encourage her to begin or improve health promoting behaviors that will enable her to control the difficult situation. On the other hand, having stress may interfere with health-promoting behaviors in a high-risk pregnancy.⁶

Stress is described such that incorporates several concepts. In one concept, it is conceived as events that come from an external upsetting plasticizer, and in the second concept it refers to a reaction resulted

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