RESEARCH ARTICLE

The effect of a health literacy approach to counselling on the lifestyle of women with gestational diabetes: A clinical trial [version 1; referees: 2 approved]

Abstract

Background: Gestational diabetes is a common pregnancy disorder that affects the mother's and neonate's health. The present study was conducted to investigate the effect of a health literacy approach to counselling on the lifestyle of women with gestational diabetes. The present randomized controlled clinical trial was conducted in 2017 using a parallel design. The subjects included 84 eligible women presenting to Alborz and Kamali Hospitals, Karaj, Iran. Methods: Convenience sampling was first used to select the subjects. They were then assigned to an intervention or control group based on randomized blocks of four. Both groups attended counselling sessions. The mothers in the intervention group attended six sessions of counselling with a health literacy approach in addition to counselling on routine pregnancy care. The control group attended counselling sessions on safe pregnancy care and received a training package containing all the subjects discussed in the intervention group. The Lifestyle Questionnaire and the Iranian Health Literacy Questionnaire were completed by the mothers at the beginning and at the end of the sessions as well as three weeks after the sessions. The data obtained were analyzed in SPSS-19.

Results: According to the study findings, the scores of lifestyle (P=0.8) and health literacy (P=0.423) showed no significant differences between the intervention and control groups before the intervention. Significant differences were, however, observed in the mean scores of lifestyle and health literacy between the two groups immediately and three weeks after the intervention .Comparing the means showed a higher increase in the mean scores in the intervention group (P<0.001).

Conclusions: Providing counselling services by midwives can significantly

Help modify mothers' unhealthy lifestyle choices and increase their health literacy; therefore, reducing maternal and neonatal consequences, especially in high-risk pregnancies.

Trial registration number: IRCT2017021427728N3

Trial registry: Iranian Registry of Clinical Trials

Trial registration date: 5th April 2017



Biography

I am Mehrafza Gharachourlo the first author of article named (The effect of a health literacy approach to counselling on the lifestyle of women with gestational diabetes) a clinical trial. The research article published in F1000 research journal in London in 2018 that is available in pubmed database.

I am a midwife. I graduated in bachelor science from Iran medical university and graduated in master degree in the field of consulting in midwifery from Alborz medical university. I have worked as a midwife in hospitals that are affiliated to social insurance organization in Alborz province in Iran since 18 years ago. I have performed two research projects in midwifery field that extract two research articles from them in 2018. I have also done some activities in promotion of maternity health care such as translating a book named WHO recommendation on antenatal care for a positive pregnancy experience.

Regards

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