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Evaluation of quality of life and pregnancy complications in overweight pregnant women in zahedan

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Abstract

Objective: To evaluate of quality of life and pregnancy complications in overweight pregnant women in Zahedan.

Study design:

We studied 440 pregnant women (220 normal weights and 220 overweight) who completed by the SF-36 questionnaire Iranian version during at the first and the third trimester of pregnancy. Finally, pregnancy complications were assessed.

Results

Physical functioning, role limitation due to physical problems and Bodily pain was lower in overweight women than in normal weight women at the first trimester of pregnancy. The all of domain of quality of life decreased during pregnancy and was lower in overweight than in normal weight pregnant women at the third trimester of pregnancy.($P = 0.001$).The risks for preterm labor, gestational hypertension, pre-eclampsia, gestational diabetes ,caesarian section and Macrosomia were higher for those who were overweight at the third trimester of pregnancy.($P < 0.05$). Maternal BMI was associated with a higher risk for gestational hypertension, gestational diabetes, preterm labor, preeclampsia, caesarian section and fetal macrosomia ($P< 0.05$).

Conclusion

Overweight at the third trimester was related to low quality of life. This research demonstrates that maternal BMI was associated with increased risks for adverse pregnancy outcomes.

Keywords

Overweight pregnant women, Quality of life, Pregnancy complications

Biography

Ameneh Safarzadeh has completed her MSC at the age of 34years from Esfahan University of Medical Sciences. She is reviewer of journal of zahedan university .She has published more than 12 papers in reputed journals.