

An investigation into some factors related to anxiety and depression during pregnancy

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The aim of this study is to investigate some factors related to anxiety and depression during pregnancy such as conflicted pregnancy (e.g. unplanned), previous history of anxiety or depression, history of prenatal loss, stressful life events, and negative socio-economic factors. The pregnant women may have anxiety about the baby, labor, or being a mother. Some women, however, hide their feelings because they have encountered friends or relatives who say, "Come on, this should be the happiest time of your life. "They feel guilty for having these negative emotions and try to hide them from the rest of the world. Fortunately, with treatment, these feelings can be replaced with positive thoughts and emotions. Anxiety may cause preterm labor, low birth weight, hyperactive and irritable babies. Depression during pregnancy can be dangerous, because it may hamper a woman's ability to care for herself and her developing baby.