Psychological Distress and Quality of Life among Diabetic Pregnant Women


Abstract:

Pregnant women may experience specific and intense fears such as fear of incompetence and concerns about pain and loss of control during delivery, fear for their own life and the life of their baby and worries about changes in their personal life due to pregnancy and childbirth. Diabetes is categorized into two groups, preexisting diabetes and gestational diabetes. This study is concerned with assessing and identifying psychological distress and quality of life among diabetic and nondiabetic pregnant women. It was conducted at the obstetric and gynecological department at Assiut university hospital. The study consisted of 200 pregnant women, among the subjects, 100 were diabetics and 100 non diabetics as a control group. Data were collected through two tools, depression anxiety stress scale and quality of life scale. The results of this study yielded that diabetic pregnant women had severe and extreme depression than non diabetics ($X^2 = 29.32$). Also they had severe and extreme anxiety and stress. Diabetic pregnant women had a moderate quality of life than non diabetics...

The study recommended developing strategies to improve quality of life and emotional support for diabetic pregnant women.

Keywords:

Distress- Quality of Life- Diabetic- Pregnant Women

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