

## **PREGNANCY-SPECIFIC ANXIETY**

### **Background:**

Pregnancy is often viewed as a very positive time in a woman's life. This despite the fact that this period is also characterised by many ongoing changes. As a consequence, pregnant women may experience pregnancy-specific anxiety (PSA). Women may for example have anxieties surrounding the birth itself, the well-being of her child, and her own well-being. Other anxieties may be related to the health care staff, the changing relationship with the partner and child-rearing issues. In recent times PSA has become an increasing topic of interest, especially since these anxieties have been suggested to be related to low birth weight, preterm birth, low apgar scores, increased risk of emergency cesarean section, and other obstetric complications.

### **Objectives:**

The first objective is to find out whether the Pregnancy Related Anxiety Questionnaire-Revised (PRAQ-R) is suitable to measure PSA among a population including both nulliparous and primi-/multiparous women, since the measure was based on a sample that only included nulliparous women. The second objective is to gain insight in the relationship between PSA and perinatal outcomes such as low birth weight and preterm birth.

### **Methods:**

Our study uses data from the Deliver study, a prospective cohort study examining primary care midwifery in The Netherlands from different perspectives, including the client's perspective. In sum, 7685 pregnant women participated in the Deliver study by returning at least one out of three questionnaires. Our study focuses mainly on the respondents that filled in the first questionnaire which contained the PRAQ-R. The first questionnaire was administered between 0-35 weeks pregnancy and was completed by 6107 pregnant women. Data from the LVR1 (national midwifery registration) have been linked to the data to gain insight in perinatal outcomes.

### **Time schedule:**

First publication is expected in the fall of 2012.

### **Credits:**

Senior researchers:

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### **Subsidy:**

The project is financed by the Academie Verloskunde Amsterdam Groningen. Funding to continue this project into a PhD project has yet to be found.

### **Contact:**

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