

Midwifery and Neonatal Nursing

August 28-30, 2017 Philadelphia, USA

Investigating the relationship of social support and quality of life with the level of stress in pregnant women using the PATH model

Abolfazl Mahmoodi Shahid¹ and Mina Mahmoodi Mehrizi²¹Beheshti Medical University, Iran²Rasoul Akram Hospital, Iran

Background: Lack of adequate social support, stress, and generally poor quality of life during pregnancy leads to adverse pregnancy outcomes for both the mother and the baby.

Objectives: This study aimed to investigate the relationship of social support and quality of life with level of stress during pregnancy.

Materials and Methods: This was a descriptive-correlative study conducted on 210 pregnant women (meeting study criteria), attending Shahriar Social Services Hospital during 2012. Purposive convenient sampling was used. Study subjects completed questionnaires of obstetrics and demographics, VAUX social support, World Health Organization quality of life, and stress during pregnancy. Data were analyzed with SPSS-19 and Lisrel 8.8, utilizing statistical path analysis.

Results: The final path model fitted well ($CF1 = 1$, $RMSEA = 0.00$) and showed that direct quality of life paths with $\beta = -0.2$, and indirect social support with $\beta = -0.088$ had the most effects on reduction of stress during pregnancy.

Conclusion: Social support indirectly and quality of life directly affect stress during pregnancy. Thus, health officials should attempt to establish measures to further enhance social support and quality of life of pregnant women to reduce stress and its consequences during this time.

Biography

Abolfazl Mahmoodi graduated from Medical School of Shahid Beheshti University Tehran, Iran in 1998. He worked in Zaim Hospital, Pakdasht city, one of the overpopulated cities in Tehran suburb for two years at Emergency Department (2000-2003). He was an emergency Doctor, the most famous in Iran. Since then, he has been working in his Skin Care and Beauty Clinic and Emergency Department in Iran Mehr Hospital. It is noteworthy that he is one of the countrywide members of health plan in Iran selected universities. He has published some papers and a book on *"Lifestyle and its approach"*.

abimhmd110@gmail.com

Notes: