



The Effect of CBT Counseling In Pre-Pregnancy Physical Activity

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Abstract:

Introduction: Physical activity is one of the dimensions of a healthy life. Physical inactivity is known as the fourth leading risk factor for global mortality. Physical activity in women is very important because of its major effects on public health. Physical activity of women before pregnancy is associated with proper weight gain during pregnancy and reduces the risk of adverse pregnancy outcomes. Overweight and obese women are usually reluctant to be active. Half of people who start physical activity stop their physical activity program in less than 6 months. Therefore, more effective behavioral interventions than educational methods are needed. The cognitive process plays an important role in following people's instructions and training problem-solving skills. Because lack of physical activity can result from dysfunctional cognitions and behaviors, cognitive-behavioral counseling can correct dysfunctional cognitions and behaviors.

Objective: To determine the effect of cognitive-behavioral counseling on pre-pregnancy physical activity in women with high body mass index, referred to the comprehensive health service centers in Gonabad.

Methods: This quasi-experimental two-group study was performed on 60 pre-pregnancy women who referred to Gonabad Comprehensive Health Service Center No. 2. Subjects were randomly divided into

two groups of 30: test and intervention. The intervention group underwent group cognitive-behavioral counseling (6 two-hour sessions twice a week). These sessions were held in the form of three face-to-face sessions and three non-face-to-face sessions in the form of a webinar. The reason for holding the meetings in absentia was the spread of the Corona virus and the ban on holding classes in person. However, the control group received only the usual care of health centers. Immediately after the end of the course and 1 month later, the measurement of physical activity was performed again as a post-test in all subjects. Analysis was performed using SPSS statistical software (version 23)

Results: The amount of physical activity after the intervention and one month after the intervention was statistically significant in the two groups ($P = 0.03$). Also, the rate of changes in physical activity after the intervention compared to before the intervention ($P < 0.001$) and compared to one month after the intervention ($P < 0.001$) was significantly different.

Conclusion: The results obtained in this study showed that cognitive-behavioral counseling increases physical activity before pregnancy in women, especially high body mass, by correcting dysfunctional beliefs and modifying behavior, and due to the need to increase physical activity in This method is recommended before pregnancy

Biography:

Khadigeh Mirzai am professor in reproductive health in Mashhad Medical Science University. She was awarded Australian endeavor scholarship in 2008. She supervised many PhD and master student thesis in reproductive and sexual health and around 100 publications. She am currently doing reproductive and sexual health counseling in clinic. She am a member of the Reproductive Health Board in the Ministry of Health of Iran. She have a patent in the field of herbal medicine to reduce menopausal complications in Iran, which has had a very good result.