The Relationship between Social Support, Quality of Life and Vitality with Anxiety during Pregnancy in Primigravid Women

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Abstract

Background and Objective: Anxiety during pregnancy especially among primigravid women is one of the most common psychological problems during pregnancy, which may have negative consequences. The aim of this study was to determine the relationship between social support, quality of life, and vitality with pregnancy anxiety among primigravid women.

Materials and Methods: In this cross-sectional correlation study, 120 primigravid pregnant women referring to health-care centers of Ahvaz city were selected through convenience sampling method. Data were collected by using four questionnaires of social support, quality of life, vitality and pregnancy anxiety, and were analyzed by SPSS-19 by Pearson correlation tests and multiple regressions.

Results: The mean (SD) age of primigravid women was 24.9 (1.4). The mean (SD) score of social support, quality of life and vitality was 37.2 (6.9), 72.7 (13.6), and 28.3 (62) respectively. Anxiety during pregnancy decreased with increased social support, quality of life and vitality: P<0.01. The predictor variables including social support, quality of life and vitality could predict 31.2% of anxiety during pregnancy among primigravid women: P<0.01.

Conclusion: Having social support, higher quality of life and vitality are effective in reducing the anxiety during pregnancy among primigravid women.

Keywords: Social Support, Quality of Life, Vitality, Pregnancy Anxiety, Primigravid Women.

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Ethical publication statement: We confirm that we have read the Journal's position on issues involved in ethical publication and affirm that this report is consistent with those guidelines.