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Psychological impact on women who immediately followed early pregnancy failure in the Obstetrics and Gynaecology professorial unit at Teaching Hospital Peradeniya, Sri Lanka

Ilangakoon IPDN^{1*}, Ratnayake RMCJ²

¹*Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka, ²Department of Obstetrics and Gynaecology, Faculty of Medicine, University of Peradeniya, Sri Lanka*

Background: Early Pregnancy Failure (EPF) seriously affects the psychological status of women and their families. Only a limited number of research studies have been conducted in Sri Lanka.

Objectives: To assess the psychological impact among women who had EPF in Obstetrics and Gynaecology Professorial unit, Teaching Hospital Peradeniya, Sri Lanka.

Methods & Materials: This study was a descriptive cross-sectional study. Data were collected through a pre-tested, interviewer-administered questionnaire, including 102 participants who had EPF by using a convenient sampling method. Psychological impact was assessed by using General Health Questionnaire-12 (GHQ), 11 Likert-typed questions and two close-ended simple questions. Collected data were analysed using descriptive analysis, Chi-square test and Spearman correlation test. p-value of <0.1 was considered to be statistically significant.

Results: Among 102 participants, 55.9% of participants belonged to 30 to 39 years age group. 99.0% of them were married. 52.0% of participants were housewives and 04.9% of participants were self-employees. Around two third of participants (64.7%) had failure with their pregnancy before 12 weeks of gestation and most of them (55.9%) presented with miscarriages. The data illustrated that, psychological impact significantly associate with age of the participant ($p<0.1$), religion ($p<0.1$), level of education ($p<0.1$), occupation ($p<0.1$), satisfaction with monthly income ($p<0.1$), current living status ($p<0.1$), current place of residence ($p<0.1$) and presence of household smokers ($p<0.1$). Psychological impact was significantly and positively correlated with gestational age ($p<0.1$), participation for counselling program prior to the previous pregnancy losses ($p<0.1$), planned or unplanned status of pregnancy and usage of family planning methods ($p<0.1$). Also psychological impact was significantly and negatively correlated with the experience of giving birth to a fetus with a gestational age of 28 weeks or more ($p<0.1$), experienced with pregnancies ending up before 28 weeks of gestation ($p<0.1$), correct intake of supplement during antenatal period ($p<0.1$), and use of medication other than antenatal medication ($p<0.1$).

Conclusion: Psychological impact significantly affect EPF. Therefore, counselling programmes should be delivered as part of the care giving process.