

Background

- ◆ The enlargement of the uterus and fetal development may lead to the appearance of symptom of discomfort during pregnancy.
- ◆ Studies evaluating pregnancy-induced symptom of discomfort among pregnant women are rare. The purpose of the study is to explore patterns and changes in pregnancy-induced symptom of discomfort across trimesters.

Purpose

- ◆ This study explored This study aimed to identify patterns or trends in this trajectory..

Method

- ◆ This trend study uses a longitudinal research design via purpose sampling.
- ◆ We recruited 95 pregnant women from the prenatal wards of hospitals.
- ◆ The follow-up measurements began during the first trimester and were taken every month until childbirth.
- ◆ The study used a pregnancy-related symptom disturbance scale, with variables including both sociodemographic and prenatal characteristics. Statistical analyses were performed using SPSS for Windows, Version 20.0 (SPSS, Chicago, Ill), and hierarchical linear modeling (HLM).

Result

- ◆ The characteristics of the 98 study participants are presented in Table 1.
- ◆ The most noticeable changes in symptom distress scores were found in the “Decreased then Increased” (n=54, 55.8%) trend, followed by the “Continued to Increase” pattern (n=27, 28.4%) and then the “Increased then Decreased” (n=10, 10.5%) and “Continued to Decrease” (n=4, 4.2%) patterns, respectively.
- ◆ The point of transition for the increasing symptom distress scores came at 22.02 weeks of pregnancy for the “Decreased then Increased” pattern.

Table 1. Characteristics of the Study Participants

Variables	n (%)
Educational level	
Junior high school or below	8 (8.4)
College or university level or above	87 (91.6)
Family income	
NT<60,000	26 (27.4)
NT60,000-100,000	53 (55.8)
NT>100,000	16 (16.8)
Occupation	
Unemployed	13 (13.7)
Employed	82 (86.3)
Parity	
Nulliparous	51 (53.7)
Multiparous	44 (46.3)
Abortion history	
Yes	11 (11.6)
No	84 (88.4)
Prepregnancy BMI	
Underweight (<18.5)	10 (10.5)
Normal (18.5-24.9)	82 (86.3)
Overweight and obese (>25)	3 (3.2)
Variables	Mean (SD)
Age	32.08 (3.91)
Gestational weight gain (kg)	9.06 (4.25)

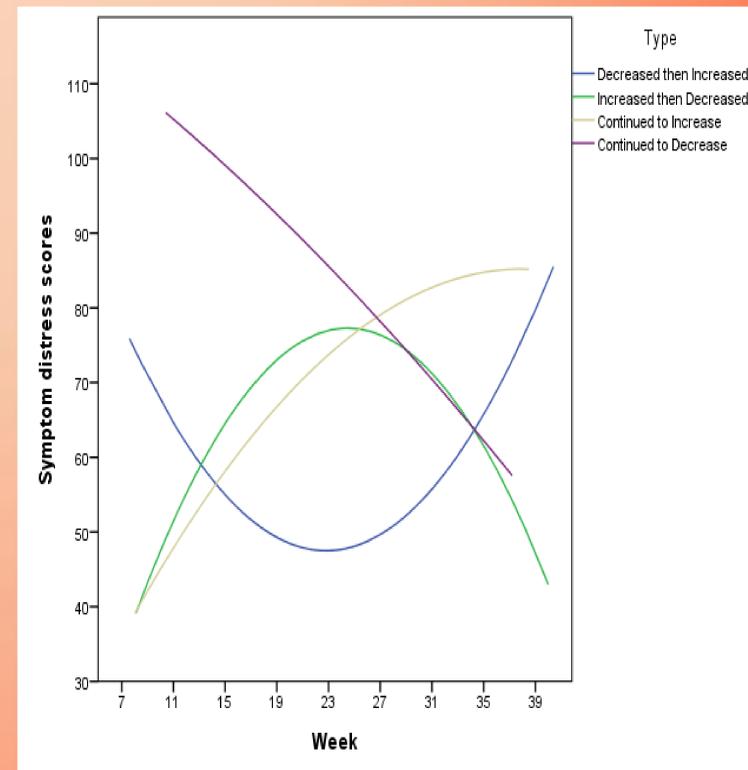


Figure 1. Figure 1 The pattern and changes in pregnancy-induced discomfort symptoms

Conclusion

- ◆ The trend with the most noticeable change in symptom distress scores was the “Decrease then Increase” trend among women throughout pregnancy.
- ◆ The point of transition was at 22-23 weeks during pregnancy. The study could be useful for healthcare providers to improve prenatal care.

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□ Correspondence should be addressed to Ching-Fang Lee, No. 46, Section 3, Zhongzheng Road, Sanzhi District, New Taipei City 252, Taiwan; Telephone: (+886) 2-2636-0303-1323; Fax: (+886) 2-23261267; E-mail: chingfang@mmc.edu.tw