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Physical activities during pregnancy: Associations with sleep quality, depression and stress

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Background: Pregnant women often experience physical and psychosocial change and have poor sleep quality compared with non-pregnant women due to fetal movements, urinary frequency, hormones change, uterine contraction and back pain. The prevalence of sleep disturbance in pregnant women is 66%-94% and prenatal depression rate is 9%-44%. Prenatal depression can cause poor maternal and infant outcomes. Pregnancy could be a life stressor which can cause sleep disorder, low birth weight, and premature labor. Regular physical activity contributes positively to physical and psychological health and reduce the risk of illnesses, including heart disease, stroke, diabetes mellitus, obesity, osteoporosis, and depression. Reductions in physical activity and a worsening mood are common during pregnancy. Prior correlation research with non-pregnant women has demonstrated a consistent relationship between physical inactivity and mood disturbances. However, physical activity's relation to sleep quality, depression and stress remains unclear in pregnant women during their three trimesters.

Purpose: The purpose of this study is to explore physical activity in healthy pregnant women in relation to sleep quality, depression and stress during the three trimesters.

Methods: This is a cross-sectional research design. A purposive sampling technique will be used to recruit 600 participants from three certified prenatal centers in southern Taiwan. The inclusive criteria are pregnant women who are in their first, second or third trimester, normal pregnancy and single fetal pregnant. Pregnant women who can read Chinese will fill out the questionnaires. Each participant will complete questionnaires, including demographic data, International Physical Activity Questionnaire (IPAQ), Pittsburgh Sleep Quality Index (PSQI), Edinburgh Perinatal Depression Scale (EPDS), and Perceived Stress Scale (PSS). Data entering will be double checked by a trained assistant before performing analysis. Statistical analysis will be performed using SPSS 20.0 statistical software. Individual categorical variables will be described in terms of frequency and percentage, whereas continuous variables will be described in terms of mean and standard deviation. Pearson correlation will be used to investigate factors associated with the physical activity and physical activity's relation to sleep quality, depression and stress.

Expected result: Our findings will provide information in current status of physical activity, sleep quality, perinatal depression and stress in health pregnant women during their three trimesters. We will also describe factors related to pregnant women's physical activity, sleep quality, depression and stress, as well as relations among physical activity, sleep quality, depression and stress. The knowledge of this study can serve as a foundation for developing health-promotion interventions in health pregnant women in response to each trimester.

Keywords: physical activity, sleep quality, perinatal depression, stress, pregnant women

Biography

Yu-Hsiang Liu had worked in obstetrics and gynecology clinic nursing for 14 years. She had completed her master at the age 36 years from Kaohsiung Medical University and Ph.D is studying from National Cheng Kung University. She is also a faculty in fooyin University, a lecturer school of nursing. She has published some papers in reputed journals about women health.

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