



Body Mass Index (BMI) before Pregnancy and Postpartum Anxiety Level in Primiparous Women

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Abstract

Background and aims: Many documents demonstrates relationship between high Body Mass Index and women anxiety and depression, but among our research now, there are not any evidence about postpartum; so this study describes relationship between women Body Mass Index (BMI) before pregnancy and their postpartum anxiety level.

Methods: In this study, 54 primiparous women were selected randomly and their BMI before pregnancy was calculated. In postpartum also, the anxiety scale was measured by Spiel Berger questionnaire and entering data in SPSS software, was analyzed by Kruskal Wallis Test.

Results: The mean anxiety level of underweight ($BMI < 18.6$), normal ($18.6 < BMI < 24.9$) and overweight ($BMI > 25$) groups was orderly as follow: 41.5, 41.52 and 44.18. It seems more the average of BMI before pregnancy, more postpartum women anxiety level but it is not significant Statisticsly ($P = 0/208$).

Conclusions: This study demonstrates that high grade of BMI before pregnancy may result in increasing postpartum women anxiety level, bad mood and delays maternal – neonate communication and correct breastfeeding.

Key Words: Maternal anxiety, Body Mass Index, pregnancy, postpartum