

Exploring Body Image and Related Factors in Pregnant Women

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Abstract

This cross-sectional correlated study was designed to investigate the pregnant women's body image and its related factors. Two hundred fifteen pregnant female outpatients, recruited at the gynecology and obstetrics department of a medical center in northern Taiwan, were required to answer a structured self-report questionnaire. The major findings were as follows: 1. Pregnant women's overall body image were negatively correlated to the number of gravida, body mass index (BMI), and actual weight gain during pregnancy. 2. Pregnant women's appearance evaluation and overall body satisfaction were positively correlated to the significant other's viewpoints. 3. The significant other's viewpoints, number of gravida, body mass index (BMI), and actual weight gain during pregnancy were able to explain 12.1% of variance in pregnant women's body image. These findings provide a data base of pregnant women's body image in Taiwan for the health care professionals to understand and to educate their clients and their partners about their attitudes toward body during pregnancy.

Keywords: body image, pregnancy, pregnant women

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