



Health Promoting Behaviors and Pregnancy Anxiety: Nutrition issues

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Abstract

Introduction & Objective: Health promotion behaviors are behavioral patterns that increasing the level of health and psychological maturity of a person. The health promoting lifestyle acts a protective agent against pregnancy anxiety. Pregnancy anxiety is one of the important factors in the prediction of negative outcomes during childbirth.

Methods: A descriptive study was conducted on 220 pregnant women referred to Shaheed Mostafa Khomeini Hospital. The Wendenberg Anxiety Inventory and Health Promotion Lifestyle Questionnaire were completed. Data were analyzed by Pearson Correlation coefficient and multiple regression analysis.

Results: 53.6% of participants often choose a low-fat, low-cholesterol diet. 52.7% of participants often read the labeled food package. 49.1% of participants often eat breakfast and limit their dietary sugar and sweets. 53.6% of participants often eat 3 to 5 servings of daily fruit and vegetable. Also, 55% of participants eat 2-3 meals of meat, chicken, dried beans, eggs and daily nuts. About 56.4% of participants eat 2-3 5 servings of milk, yogurt or cheese daily. The results of regression analysis revealed that pregnancy anxiety had a negative correlation with the overall score of health promotion lifestyle profile. Responsibility for health nutrition, showed a significant negative correlation with pregnancy anxiety ($p < 0/001$; $r = -0/42$).

Conclusion: Health promotion lifestyle is effective in reducing the anxiety of pregnancy and it is necessary to educate health promotion lifestyle.



Keywords: Health Nutrition, Pregnancy Anxiety, Pregnant Women, Health Promotion Lifestyle Profile