

Effect The of an Educational Intervention on The Proper Estimation of Weight Gain and Its Relation with Optimal Weight Gain During Pregnancy

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Backgrounds: Maternal weight gain during pregnancy of reliable indicators of maternal and newborn health that is influenced by several factors. Accordingly, a study was conducted to determine the effect of educational program on correct estimation of gestational weight gain and its relation with optimal weight gain during pregnancy.

Material and Method: Randomized controlled clinical trial study were compared on 100 nulliparous women in the two intervention and control groups. In the intervention group, pregnant women received educational program for calculation of body mass index, proper gestational weight gain and proper nutrition in two 90 minute sessions and control group received only routine prenatal care. Data collected by completing questionnaires including: demographic characteristics and correct estimated weight gain at the beginning and 4 weeks after the intervention, at the end

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of the second and third trimesters of pregnancy and weight measurement at the last prenatal visit and analyzed by SPSS19 software.

Result: The results showed that the intervention group and the control group in terms of demographic characteristics and accurate estimation of optimal weight gain during pregnancy, BMI and nutrition pattern before intervention. But after 4 weeks, at the end of the second trimester and at the end of the third trimester, there was a significant difference between the intervention group and the control group ($p < 0.001$). In women who had a correct estimate of optimal weight gain proportional to BMI, optimal weight gain was significantly higher. Optimal weight gain in the intervention group was significantly different from the control group ($P = 0.045$).

Conclusion: Education program to increase mothers' awareness of optimum weight gain based on BMI is effective in increasing proper nutrition awareness and weight control in optimal gestational weight gain.