

0035.Abeysena, C

Effect of physical activity and psychosocial stress on pregnancy outcome.

MD (Community Medicine) 2002

D 982

Psychosocial stress has been observed to be a risk factor for adverse maternal outcome and PTB in the second trimester. Less active pregnant mothers are at a higher risk of having spontaneous abortions, PTB, SGA and LBW babies. However more active pregnant physical activities should be promoted for pregnant mothers who do not have medical or maternal complications. Pregnant mothers those who have psychosocial stress are more at risk of having adverse maternal outcome and PTB. Therefore establishment of social support systems and counseling may be recommended.