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## Healthy mothers-healthy children: prenatal assessment for psychosocial factors in public hospital of Cyprus Republic



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**Introduction:** Maternal mental health has received increasing research interest as it has direct impact on the mother and the fetus/neonates health. Many psychosocial risk factors have been found to have a negative impact on mothers - child bonding, obstetric and neonatal outcomes.

**Aim:** The aim of the study is to investigate the psychosocial factors that may affect pregnant women in public hospitals of Cyprus Republic and examine the value of KINDEX questionnaire in the daily practice of health professionals providing prenatal care.

**Method:** This is a mixed method study. Quantitative method: Using the KINDEX questionnaire. Pregnant women (N=300) were interviewed in the public hospitals of Cyprus Republic. Qualitative Method: Nine midwives contacting the interviews wrote reflective diaries, and thematic analysis was included.

**Results:** Comparisons between high-risk pregnancies and low-risk pregnancies in relation to the KINDEX sum score and the perceived stress of the mother as assessed by the perceived stress scale (PSS-4) was examined. KINDEX sum score was significantly higher in women with fears of financial difficulties in the future and in women experiencing intimate partner violence (IPV). From qualitative three main themes were identified: Theme 1: Health professionals should have the ability to identify psychosocial factors that affect pregnant women's and babies' health. Theme II: Feasibility of the interview. Theme III: Partnership between woman and health professionals.

**Conclusion:** KINDEX questionnaire is a valid prenatal screening tool for identification of psychosocial risks. Health professionals should have the opportunity to use a screening test and provide evidence based, cost effective, and human rights oriented mental health and social care services. Policy makers should create strategies for promotion of psychosocial well-being of mothers during pregnancy.

### Biography

Eleni Hadjigeorgiou has joined the Cyprus University of Technology in 2009. She is Scientific Personnel and Midwifery Educator at the Department of Nursing. She was a Midwifery Educator in Nursing and Midwifery School from 1999 until 2009. She has received her PhD from the Cyprus University of Technology in cooperation with Middlesex University, UK, and SKOVDE University Sweden, a Master's degree in Midwifery Education, BSc (Hons) in Nursing and a Diploma in Nursing and in Midwifery. She is a registered Midwife and served as a Board Member of the Cyprus Nurses and Midwives Association and Nursing and Midwifery Council.

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