

Self-Esteem in Primigravida Women

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ABSTRACT

TITLE:

Self Esteem changes in Primigravida women before and after delivery

BACKGROUND:

Hormonal and related biological changes associated with giving birth may initiate or precipitate a change in self-esteem. Alternatively, or additionally, the change in lifestyle associated with caring for a young infant, for example changes in normal daily activities, lack of sleep caring for the infant, change in financial security, change in the relationship with her partner, may constitute a set of stresses that have mental health consequences for the mother. Since primigravida women have no previous personal experience with childbirth they might have less of a coping strategy to deal with their emotional changes during childbirth.

OBJECTIVE:

The result from this project can help care providers to better strategize a plan to take care of the psychological needs of the pregnant patient before and after delivery.

METHODS:

50 participants from Maricopa Integrated Hospital System (MIHS) in Phoenix, AZ. Participants were third trimester primigravida women between ages 18-30. Before delivery the participants filled out SSQ6, Rosenberg Self report measures for love and compassion research: Self-Esteem and demographic information. After delivery, they filled out Rosenberg Self Report measures for love and compassion research: self-esteem.

RESULTS:

The results did not turn out to be statistically significant due to the less than desired study participants following up after delivery. SSQ6 results show that most of these women had good social support during their very first pregnancy. Rosenberg survey results were not statistically significant but they showed a pattern that shows self esteem increasing in our participants post delivery. It would seem like self-esteem has increased after delivery in our population.

CONCLUSIONS:

More studies need to be done to obtain a statistically significant result that will help the providers craft a better plan to care for the emotional needs of pregnant patients.

METHODS

► SSQ6- Social Support Questionnaire 6

Participants were asked to complete this questionnaire before delivery so that we could evaluate the social support and satisfaction with said social support from our participants. Degree of social support has been shown to influence the onset and course of certain psychiatric disorders such as depression.

► Rosenberg Self Report Measures for Love and Compassion Research: Self-Esteem

- This scale is the most commonly used measure of global self-esteem, and has demonstrated good reliability and construct validity in past studies

► Demographic Information

From the participants we got information such as age, estimated delivery date, race/ethnicity, primary language, marital status, household income, education, and pregnancy intentions.

RESULTS

Questions	Value N, %	Social Support Satisfaction Mean, (SD)	Spearman's Correlation ¹ Rho (p-value)
Social Support			
Who can you really count on to be dependable when you need help?			
None	0 (0.0)	5.83 (0.38)	0.22 (0.30)
1	4 (8.0)		
2	2 (4.0)		
3	2 (4.0)		
4	5 (10.0)		
5	3 (6.0)		
6	3 (6.0)		
Other	1 (2.0)		
Who can you really count on to help you feel more relaxed when you are under pressure or tense?			
0	0 (0.0)	5.79 (0.41)	0.27 (0.18)
1	7 (14.0)		
2	7 (14.0)		
3	6 (12.0)		
4	6 (12.0)		
5	3 (6.0)		
6	2 (4.0)		
Other	0 (0.0)		
Who accept you totally, including both your worst and your best points?			
0	0 (0.0)	5.75 (0.53)	0.14 (0.52)
1	6 (12.0)		
2	4 (8.0)		
3	5 (10.0)		
4	5 (10.0)		
5	6 (12.0)		
6	2 (4.0)		
Other	1 (2.0)		
Who can you really count on to care about you, regardless of what is happening to you?			
0	0 (0.0)	5.79 (0.51)	0.39 (0.05)
1	5 (10.0)		
2	5 (10.0)		
3	5 (10.0)		
4	3 (6.0)		
5	3 (6.0)		
6	3 (6.0)		
Other	1 (2.0)		
Who can you really count on to help you feel better when you are feeling generally down-in-the-dumps?			
0	0 (0.0)	5.62 (0.57)	0.14 (0.38)
1	4 (8.0)		
2	4 (8.0)		
3	6 (12.0)		
4	7 (14.0)		
5	5 (10.0)		
6	0 (0.0)		
Other	2 (4.0)		
Who can you count on to console you when you are upset?			
0	0 (0.0)	5.79 (0.41)	0.43 (0.03)
1	1 (2.0)		
2	7 (14.0)		
3	6 (12.0)		
4	5 (10.0)		
5	3 (6.0)		
6	0 (0.0)		
Other	2 (4.0)		

¹Spearman's Rho to ascertain the correlation between social support satisfaction scores and the change in self-esteem scores from pre to post intervention.

Social Support Questionnaire 6 (SSQ6)

Result from SSQ6 shows an adequate level of support from family members for our study population

Self Esteem Scores.

Self Esteem Questionnaire	Pre-Delivery Mean (SD)	Post-Delivery Mean (SD)	Difference in Self-Esteem Scores Mean (SD)	P-value ¹
On the Whole, I am Satisfied with myself.	1.58 (0.71)	1.50 (0.72)	-0.08 (0.88)	0.28
At times I think I am no good at all.	3.0 (0.88)	3.41 (0.65)	0.41 (1.1)	0.06
I feel that I have a number of good qualities.	1.62 (0.49)	1.62 (0.49)	0.0 (0.58)	1.0
I am able to do things as well as most other people.	1.75 (0.74)	1.58 (0.65)	-0.16 (0.81)	0.36
I feel I do not have much to be proud of.	3.33 (0.63)	3.41 (0.58)	0.08 (0.65)	0.52
I certainly fell useless at times.	3.25 (0.61)	3.41 (0.65)	0.16 (0.91)	0.19
I feel that I'm a person of worth, at least on an equal plane with others.	1.83 (0.70)	1.62 (0.71)	-0.21 (0.83)	0.14
I wish I could have more respect for myself.	2.87 (0.94)	3.16 (0.76)	0.29 (0.99)	0.15
All in all, I am inclined to feel that I am a failure.	3.54 (0.58)	3.50 (0.66)	-0.04 (0.69)	0.94
I take a positive attitude toward myself.	1.62 (0.64)	1.50 (0.51)	-0.12 (0.67)	0.36
Overall Composite Score	21.1 (2.48)	24.7 (1.25)	3.67 (2.74)	<0.001

¹P-value calculated using the Wilcoxon Signed Rank Test.

Rosenberg Self Esteem Survey

The P values on the self esteem survey were not statistically significant except for the second question which showed a decreased self esteem post delivery when compared with during pregnancy.

Demographics

Demographic and Clinical Characteristics	Value (n=24)	Coeff (95% CI)	P-value ¹
Demographics			
Age (mean, SD)	21.5 (3.5)	0.008 (-0.18, 0.19)	0.93
Ethnicity (Hispanic, %)	17 (70.8)	0.73 (-0.56, 2.03)	0.25
Primary Language (English, %)	13 (54.2)	0.39 (-0.72, 1.51)	0.46
Marital Status (Married, %)	12 (50.0)	0.55 (-0.57, 1.67)	0.31
Household Income (>20,000 per year)	10 (41.7)	0.44 (-0.68, 1.56)	0.42
Education (> High School Graduation)	10 (41.7)	0.49 (-0.67, 1.64)	0.39
Pregnancy Intention (Changing or Unintended, %)	14 (58.3)	-0.79 (-1.88, 0.28)	0.14
Pregnancy Weight Gain, LBS (mean, SD)	33.5 (11.5)	-0.02 (-0.06, 0.03)	0.53
BMI closest to Delivery, kg/m ² (mean, SD)	31.2 (5.3)	0.005 (-0.10, 0.11)	0.92
History of STI (yes, %)	4 (16.7)	-0.70 (-2.24, 0.84)	0.35
Substance Abuse (yes, %)	0 (0.0)	N/A	
OB Triage Visit (yes, %)	13 (54.2)	0.75 (-0.33, 1.83)	0.16
History of Domestic Violence (yes, %)	1 (4.2)	-0.76 (-3.55, 2.02)	0.57
Number of Medical History Risk Factors (n, %)			
0-1	16 (66.7)	REF	0.39
2	4 (16.7)	-0.76 (-2.33, 0.80)	
3	4 (16.7)	-0.47 (-2.01, 1.06)	
Fetal Medical History (n, %)			
None	10 (41.7)	REF	0.88
Neural Tube Defects/Other	14 (58.3)	0.08 (-1.06, 1.21)	
Type of Delivery (n, %)			
Standard Vaginal Delivery	17 (70.8)	REF	0.10
Schedule or Emergent Cesarean Section	7 (29.2)	0.95 (-0.19, 2.11)	
NICU Admission (yes, %)	7 (29.2)	0.63 (-0.61, 1.88)	0.30

¹Linear Regression to ascertain the mean difference in the change of self-esteem scores adjusting for baseline self-esteem scores.

CONCLUSIONS

More studies need to be done to obtain a statistically significant result that will help the providers and help craft a better plan to care for the emotional needs of pregnant patients. Future research should focus on self-esteem changes during pregnancy and post delivery. If studies can look during the whole pregnancy period and also 3 years post delivery, it can give us a better idea of changes in self-esteem. Based on the little pattern we saw in our study we think the pattern would be likely to hold up in a bigger study with self-esteem increasing after delivery. But what would be interesting to see is whether self-esteem increased or decreased during pregnancy the comparison between pre-pregnancy self-esteem vs pregnancy self-esteem vs post delivery self esteem. It would also be interesting to see if there is any relationship between self-esteem and relationship satisfaction. Future studies can also look at differences in self esteem between different racial groups because motherhood and the support that comes with it can be different in different cultures.

We hoped our study results would have been statistically significant for us to make a statement one way or another but the purpose of our study was to make our patient interaction better and as physicians we always have the responsibility to strive towards better patient care. Part of that patient care is taking care of our patient's emotional needs especially during their pregnancy.