

**Psycho-social reactions of pregnant women and mental health  
during three trimesters**



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## **DECLARATION**

I Ms. **Amber Ashfaq**, ID **15001257004** Student of **MS Counseling Psychology** session **2015 - 2016**. Hereby declare that the matter printed in the thesis titled **Psychosocial Reactions of Pregnant Women and Mental Health during Three Trimesters** is my own work and has not been printed, published and submitted as research work thesis of publish in any form in any university, research, institution etc. in Pakistan or abroad.

**Dated: 25-07-2017**

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**Signature of Deponent**

## Certificate of Approval

Accepted by the Faculty of the Institute of Clinical Psychology, University of Management & Technology Lahore in partial fulfillment of the requirements for the degree of MS in Counseling Psychology

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**Amber Ashfaq**

# **Dedication**

I would like to dedicate my work to my beloved parents, bhabi jaan, and husband who are my strength to achieve my every goal and objective

## Abstract

The current study aimed to explore the psychosocial reactions of women during pregnancy and relationship between these psychosocial reactions of pregnancy and mental health problems. The current study carried out in different steps as phenomenology exploration, scale development, expert validation, pilot study, and statistical analysis. A total sample of 150 pregnant women with the age range of 18- 40, ( $M = 27.47$ ,  $SD = 4.75$ ) was selected through purposive sampling technique. The research protocol comprised Pregnancy Consequences Scale (PCS) (indigenous scale), Depression Anxiety Stress Scale (DASS) (Lovibond & Lovibond, 1995), and Marital Relationship Scale (MRS) (Munir & Saleem, 2016) along with a demographic Performa. The results of factor analysis revealed a four-factor solution namely Anxiety, Domestic Problems, Depression, and Somatic Problems. Pregnancy Consequences Scale (indigenous scale) found to have high internal consistency and concurrent validity. According to statistical results findings women with more miscarriages and cesarean deliveries have more mental health problems as compare to those women have no miscarriages and normal deliveries. The results discussed in terms of counseling for the pregnant women.

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### Introduction

Pregnancy is a period in which women pass through different steps both pleasant and unpleasant. There can be a number of worries, difficulties, issues, and fears, which women encounter during their pregnancy period. Women can experience different conditions during three trimesters such as women during first trimester do not notice physical changes but they may experience more somatic complaints and fear of losing their baby as it is more common problem in the present era (Bowen, 2010). The ratio of miscarriages is rapidly increasing and women experience fear and anxiety after being pregnant. During second trimester, women are less disturbed as compare to first trimester and they are more concerned about their baby's health.