

Lifestyle of pregnant women during COVID-19 pandemic

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Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Observationeel onderzoek, zonder invasieve metingen

Samenvatting

ID

NL-OMON22614

Bron

NTR

Verkorte titel

TBA

Aandoening

None, condition: pregnant

Ondersteuning

Primaire sponsor: Academic Hospital Maastricht

Overige ondersteuning: Academic Hospital Maastricht

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Health behaviour:

- Physical activity behaviour

- Dietary behaviour
- Following courses online (sports, meditation, courses preparing for labour)
- Experiences with and appreciation of online tools to improve lifestyle
- Experienced stress

Toelichting onderzoek

Achtergrond van het onderzoek

The threat of the severe acute respiratory syndrome coronavirus (SARS-CoV-2, from here onward mentioned as COVID-19) and the national measures to restrict transmission of COVID-19 in the Dutch population have caused a radical change in the daily life of Dutch citizens. The closure of schools and public locations (amongst which are sports facilities) is affecting the daily structure and habits of Dutch citizens greatly. Next to that, the public order for social distancing and self-isolation might have a large effect on the social wellbeing of the people. These radical changes most likely causes changes in the health behaviour of people, possibly leading to changes in eating pattern and exercise behaviour which might lead to unintentional weight gain. Stress and anxiety about this situation can add to this effect, by negatively affecting the mental state of people.

Controversially, the threat of COVID-19 could also induce an increase of healthy behaviour, stemming from the desire to ward off the disease as best as possible. In combination with the window of opportunity for changing lifestyle that is commonly linked to being pregnant, it is interesting to investigate the effect of the COVID-19 measures on the health behaviour of pregnant women. Next to that, a lot of courses are being thought online. This creates opportunity for people to follow different courses other than they would have done if there were no COVID-19 measures.

Additionally, the fact that people are asked to work from home, resulting in less travelling time and more free time might make it possible to do more sports. On the other hand, the exercise that might be involved in traveling to work is less. In conclusion, the radical changes in the current situation could yield important information regarding the health behaviour pregnant women. Knowledge of these changes and their potential beneficial or harmful effect could provide information for future interventions and regulations regarding health behaviour and care for pregnant women.

This study aims to investigate the changes in health behaviour of pregnant women with overweight or obesity compared to women with a healthy weight and the positive effects of newly developed online courses during the COVID-19 crisis. Secondly, this study aims to provide insight in the experienced advantages/disadvantages of new online tools to improve health behaviour for pregnant women.

Doel van het onderzoek

We hypothesise that the health behaviour of pregnant women is influenced by the measures to prevent the spread of COVID-19. It is not clear however, if it is positively affected (because of having more time, providing online options, creating a feeling of urge to be healthy) or negatively affected (because of having no access to sports facilities, staying inside, having to work from home, availability of foods). Next to that, we hypothesise that the availability of new online tools to improve health behaviour is perceived as a positive development by pregnant women and that they use these tools more often than before the COVID-19 pandemic.

Onderzoeksopzet

1 day during their pregnancy for a telephone interview of 30-60 minutes.

Onderzoeksproduct en/of interventie

None

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Female
- Older than 18 years of age

- Pregnant
- Speaking Dutch

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

There are no exclusion criteria for this study. If inclusion criteria are met, participants can join.

Onderzoeksopzet

Opzet

Type:	Observationeel onderzoek, zonder invasieve metingen
Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	28-05-2020
Aantal proefpersonen:	20
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies	
Datum:	28-05-2020
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL8668
Ander register	METC MUMC : METC2020-1568

Resultaten