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ABSTRACTS

PSYCHOSOCIAL FACTORS AS PREDICTORS OF MATERNAL WELL-BEING AND PREGNANCY RELATED COMPLAINTS, K.M. Faarlberg MD, A.J.J.M. Vingerhoets PhD, J. Passchier PhD, A.G.J.J. Heinen PhD, G.A. Dekker MD PhD, H.P. van Geijn MD PhD, Dept. of Obstetrics and Gynecology, Free University Hospital, Amsterdam; Dept. of Psychology, Tilburg University, The Netherlands.

The aim of the present study was to examine which psychosocial variables determine well-being and pregnancy related complaints throughout pregnancy. Nulliparous women (n=396) completed questionnaires on psychosocial factors in each trimester of pregnancy. Independent variables included daily stressors, social

support, gestational factors, and mental and physical work load. Dependent measures were: depressive mood, anxiety, somatic complaints, and the pregnancy related complaints fatigue, nausea and back pain. The independent variables best predicted depressive mood ($R^2 = 23-44\%$), as compared with anxiety ($R^2 = 13-20\%$) and somatic complaints ($R^2 = 16-21\%$). Number of daily stressors explained most of the variance. Satisfaction with social support and maternal age were negatively correlated with depressive mood. Pregnancy related complaints were less predicted by psychosocial factors. The amount of explained variance for fatigue ranged between 6-10%, for nausea between 2-6%, and for back pain between 5-7% over trimesters. It is concluded that depressive symptoms can be predicted by negative psychosocial factors, particularly increased number of daily stressors and low satisfaction with received support. To a less degree, this is the case with anxiety and somatic complaints. Pregnancy related complaints are less dependent on psychosocial conditions. However, given the cross-sectional nature of the present study, caution should be exercised in making cause-effect links